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"Some hae meat and canna eat,
And some hae none, that want it;
But we hae meat and we can eat,
Sae let the Lord be thankit."

—*Burns.*

Tested and Tried Recipes And Household Hints

BY THE MEMBERS OF THE
O. E. S. SEWING CIRCLE

—Of—

Villa Park Chapter
No. 953

And Their Friends



The members of the Sewing Circle present this Cook Book of "TESTED AND TRIED RECIPES" with great pleasure, and sincerely hope it will be of great value to many homes.

We wish to thank most heartily all who have assisted us in any way. Most especially do we thank our advertisers who have made this little volume possible, and the many ladies who have given us valued recipes.

I WISH TO EXPRESS my sincere thanks and the Chapter's thanks and appreciation for the time and efforts our chairman Sister Lillian Taber and her committees have devoted to this Cook Book.

In expressing this appreciation, I can find no words more appropriate than those of Edgar A. Guest:—

“To have smoothed another’s way,
Even by the smile you gave,
Or the word you had to say,
This is being brave.

To have made another glad
He stood face to face with you
And your friendship once he had,
This is being true.

To have been in time of need,
First to hurry to the gate,
First to do the kindly deed,
This is being great.

To have learned in selfish strife
Little satisfaction lies,
Serving is the joy of life,
This is being wise.”

Fraternally yours,

LEONA YUILL, *Worthy Matron*

.....

MEMBERS OF THE SEWING CIRCLE

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SOUPS

BEAN SOUP

Soak one pint of white beans. Boil either a ham bone or the bone from roast beef in two quarts of water. Add the beans, boil and strain. Season with salt, pepper and butter and a bunch of herbs. Add, just before serving, one pint of milk or cream. Serve with croutons. In one family this is a favorite dish.

ONION AND CELERY SOUP

One cupful of celery and two onions finely chopped. Cook with one quart of water until very tender, then add one quart of rich milk. Season with butter, salt and pepper. Serve hot.

CELERY SOUP

1 cup celery diced.	2 tablespoons flour.
2 cups cold water.	2 tablespoons butter.
1 cup milk.	

Cook celery twenty minutes in water; strain. Make white sauce of one cup of water the celery was cooked in, one cup of milk, the two tablespoons of butter and flour; then add cooked celery. Season with salt and pepper. GRACE AVARD.

CELERY SOUP

Cut celery into inch pieces and boil until soft. Rub through colander and return to fire with a pint of white stock. Scald a pint of milk, stir into it a tablespoon of flour and butter. When thick and smooth add slowly the stock seasoned with white pepper and celery salt. Beat for a half minute and serve.

CORN SOUP

1½ cups canned corn.	2 tablespoons flour.
1 teaspoon salt.	4 tablespoons butter.
2 cups milk.	½ teaspoon pepper.

Make white sauce; add corn. Serve with crackers.

(MRS) DOROTHY S. WALL.

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MEATS AND DUMPLINGS

BULLETS

One can Campbell's tomato soup or plain tomatoes; two medium-sized onions; one-pound hamburger. Fry onions in tablespoon of butter until light brown, add tomatoes, and set to cooking slowly. Make hamburger into small balls, drop in boiling sauce. Season with salt, pepper and a dash of paprika; simmer until meat is done.

N. TODD.

BAKED PORK CHOPS

Make a dressing of bread crumbs, one well beaten egg, one tablespoon of melted butter; season with pepper, salt, sage and onion. Put dressing in baking dish, lay pork chops on top of dressing, sprinkle with pepper and salt and put dish in oven. When brown on one side, turn and brown the other. Cook 45 minutes.

N. TODD.

HUNGARIAN GOULASH

- | | |
|-------------------------------|---|
| 2 lbs. beef. | 1 stalk celery. |
| 2 cups canned tomatoes. | 1 green pepper. |
| 4 whole cloves. | $\frac{1}{2}$ lb. salt pork. |
| 1 onion. | $1\frac{1}{2}$ cups carrots. |
| 2 tablespoons minced parsley. | $\frac{1}{2}$ lb. noodles or spaghetti. |

Cut beef in one-inch pieces and roll in flour; dice pork and place in frying pan. Cook slowly until pork is a golden brown, add beef and continue cooking until it reaches a golden brown, stirring constantly. Pour enough water over it to prevent burning and cook slowly for two hours. In another pan have tomatoes, celery, parsley, green pepper, onion, carrot and cloves. Cook thirty minutes. At end of two hours, add meat and season with salt and pepper. Noodles have been cooked thirty minutes in salt water. This is very good served with lettuce and French dressing, baked potatoes and apple pie.

CORA DERBY.

CREOLE MEAT LOAF

- | | |
|---------------------------------|--------------------------------|
| 1 lb. chopped beef. | Yolk of one egg. |
| $\frac{1}{2}$ cup tomato pulp. | 1 teaspoon salt. |
| $\frac{1}{2}$ cup bread crumbs. | $\frac{1}{4}$ teaspoon pepper. |

Bake in a covered tin or in muffin tin for $\frac{1}{2}$ hour, then uncover and bake 20 minutes longer to brown.

NINA OESTERLING.

BAKED SLICE OF HAM

2 lbs. of ham sliced 1 in. thick. 2 cups milk.
½ cup flour. 1 tablespoon butter, oil or fat.
Small amount of pepper.

Dredge ham with flour, sear in broiler quickly on both sides. Remove and place in a baking dish or casserole. Cover with milk and bake one hour. CORA DERBY.

THE FAMILY'S DELIGHT

1¼ lbs. lean pork or any other meat. (Left overs may be used.) 6 onions, 2 cups noodles, 1 cup tomato sauce, 1 cup grated American cheese, 4 tablespoonsful parsley chopped fine, 4 tablespoonsful pimentos chopped fine, ¼ cup bacon chopped fine, 1 teaspoon salt, 1 teaspoon paprika, ¼ cup green pepper chopped fine.

Cut meat into cubes, fry bacon to a golden brown. Chop vegetables and add to the bacon; add the meat and cheese. Mix thoroughly in frying pan. Turn into casserole and bake one hour. CORA DERBY.

ROUND STEAK WITH SAUSAGE FORCE MEAT

One pound round steak, ½ pound pork sausage, ½ cup bread crumbs, and seasoning. Pound steak rather thin, cover with sausage and bread crumbs, mixed; roll loosely and skewer. Roast in pan with small pieces of suet on top. Baste often. Roast pared and halved potatoes in pan with meat. Time—one hour. Will serve five people. ESTHER NORDSTROM.

PORK CHOPS--ESCALLOPED POTATOES

Slice raw potatoes into buttered baking pan, putting bits of butter, salt, pepper and bread or cracker crumbs, between layers. Fill pan one inch from top, cover with milk. Lay pork chops on top of potatoes, add salt and pepper. Bake in a slow oven; when chops are brown on top, turn them over and brown other side.

ESTHER NORDSTROM.

STUFFED STEAK

2 cups soft bread crumbs. ¼ cup diced onion.
4 tablespoons corn oil. ½ teaspoon salt.

Mix ingredients well and spread over steak; roll, fasten with toothpicks, roll in flour and place in a hot oven until brown. Reduce heat and cook 1½ hours, basting with 1½ cups of water.

CORA DERBY.

HAM AND POTATOES

Slice about six large potatoes crosswise and lay in a greased pan. Put a slice or two of raw ham over them, add $\frac{1}{2}$ cup milk and pepper and salt to taste. Bake about one hour.

AGNES J. NOREN.

MEAT LOAF

- | | |
|---------------------------------|--------------------------|
| 1 lb. round steak, ground. | 1 medium onion cut fine. |
| $\frac{1}{4}$ lb. pork sausage. | 1 large cup tomatoes. |
| 1 teaspoon salt. | 6 crackers, rolled. |
| $\frac{1}{4}$ teaspoon pepper. | |

If link sausage is used, skin. Mix well the meat, onion, tomatoes, salt and pepper well then add cracker crumbs. Bake in moderate oven one hour in a loaf pan.

GRACE AVARD.

ROAST CROWN OF PORK

Select a 6 or 8 lb. loin of pork and have butcher arrange it to form a crown. Then prepare stuffing of—2 cups rice, 1 green pepper, 1 pimento, 2 tablespoons drippings, $\frac{1}{2}$ teaspoon sage. To cooked rice, add finely chopped green pepper and pimento, drippings and sage; mix well. Put pork into roasting pan, fill cavity with stuffing. Spread a piece of greased brown paper over pork and sear in hot oven 20 or 30 minutes, then reduce heat to moderate, and bake slowly $3\frac{1}{2}$ hours, basting with two cups water during last half of roasting.

OLIVE ROLL.

BEEF LOAF

- | | |
|-----------------------------|--------------------------------|
| 2 lbs. ground boiling beef. | 1 tablespoon chopped parsley. |
| 1 lb. ground pork. | 1 teaspoon salt. |
| 1 cup bread crumbs. | $\frac{1}{4}$ teaspoon pepper. |
| 1 egg, well beaten. | 1 tablespoon onion juice. |
| $\frac{1}{2}$ cup milk. | |

Mix ingredients thoroughly and press into buttered pan. Sear under gas flame. Bake in moderate oven for one hour. A good variation for this is to pour a can of Campbell's tomato soup over meat when meat is about half cooked.

LEONA THAYER YUILL.

NEW MEAT LOAF

One pound uncooked ham (ground), one pound fresh pork (ground), one cup soft bread crumbs, one cup milk, one or two eggs well beaten, a little pepper and some onion—NO SALT. Bake in a slow oven one hour.

(MRS.) DOROTHY S. WALL

LEFT OVER MEAT

2 cups cooked meat, diced. 1 onion diced.
½ green pepper, diced. 1 can Campbell's tomato soup.

Fry onion and green pepper in fat gently, till done. Add soup and meat; simmer about five minutes. GRACE AVARD.

LEFT OVER MEAT

2 cups cooked meat, diced. ½ teaspoon salt.
1 onion diced. ⅛ teaspoon pepper.
1 can Campbell's tomato soup. ⅓ cup water.
1 can kidney beans.

Pour contents of can soup and ⅓ cup water in pan with diced onion; simmer five minutes, add meat and kidney beans, and simmer ten minutes more. Serve with mashed potato.

GRACE AVARD.

MEAT LOAF

One pound round steak, one cup suet, two small onions, one cup soft bread crumbs, two teaspoons salt, two tablespoons Worcestershire sauce, one egg, two tablespoons horse-radish, ½ teaspoon dry mustard, two tablespoons minced green pepper, ½ cup tomato catsup. Chop meat, suet and onion fine, add bread crumbs, egg slightly beaten, and all ingredients except catsup. Pack into a greased bread pan, cover the top of loaf with tomato catsup and bake one hour in a moderate oven. This can be made with left over meat and is delicious either hot or cold.

LILLIAN TABER.

SOUTHERN ROLL

2 flank steaks. 1 green pepper.

Have the butcher pleal steak and score, then salt and pepper to taste. Pound and work in as much flour as steak will hold. Cut green pepper fine and sprinkle over steak. Lay one steak on top of the other and roll, tie with string. Place in hot kettle with a little suet (melted), and sear all over. Add two cups water and simmer 1½ hours; serve hot.

LEONA YUILL.

GOOD-ENOUGH-FOR-SUNDAY CHOPS

Have pork-chops cut one inch thick, roll in flour and brown in fat. When browned on both sides, drain off all fat, cover with boiling water and simmer about 1½ hours. GRACE AVARD.

CREAMED SWEET BREADS

As sweet breads come from the market remove paper and plunge into cold water. Let stand for one hour, then drain and put into acidulated boiling salted water (add lemon or vinegar) and allow to cook slowly until tender (twenty minutes or longer.) Again drain and plunge into cold water that they may be kept white and firm. Remove skin, separate into small pieces, and serve with white sauce on toast or in timbale cases.

LEONA THAYER YUILL.

BAKED HAM

Soak an 8 or 10 pound ham over night, then cook in fresh water until tender. Skin the ham and remove extra fat, then put back into water until cold. Remove ham and put into roaster, cover the top side of ham with brown sugar and slices of pineapple. Pour the juice of pineapple into the pan and place in the oven; bake until pineapple is browned well, and baste with juice.

LILLIAN TABER.

VEGETABLE DINNER

1½ lbs. beef in piece.	1 stalk celery.
4 onions.	4 parsnips.
4 carrots.	Few pieces of parsley.
4 potatoes.	Season with salt and pep-
3 cups hot water.	per to taste.

Brown meat in pan then remove to kettle, add three cups hot water; simmer for $\frac{3}{4}$ hour. Peel vegetables and place around the meat, whole—cut celery sticks in halves. Let simmer until done—about one hour, potatoes don't take so long. Serves four people.

GRACE AVARD.

NEVER FAIL DUMPLINGS

One cup flour, $\frac{1}{2}$ cup sweet milk, one heaping teaspoon baking powder, one teaspoon salt. Lay by spoonsful on boiling broth or gravy. Boil fifteen minutes. Serve at once. P. G.

EXCELLENT DUMPLINGS

2 cups sifted flour.	$\frac{1}{2}$ teaspoon salt.
4 teaspoons baking powder.	$\frac{3}{8}$ cup cold water.

Mix with spoon, dip spoon in hot liquor and cut drop from spoon. Cook ten minutes with cover off, and ten minutes with cover on.

GRACE AVARD.

RAISIN SAUCE FOR BAKED HAM

Put one cup sugar and $\frac{1}{2}$ cup water in saucepan and stir until sugar is dissolved. Add one cup raisins, two tablespoons butter, three tablespoons vinegar, $\frac{1}{2}$ tablespoon Worcester sauce, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{4}$ teaspoon cloves, a few grains mace and one glass of grape or currant jelly. Cook five minutes, or until jelly is dissolved. MRS. OLIVE ROLL.

MAITRE DE HOTEL BUTTER

$\frac{1}{4}$ cup butter.	$\frac{1}{2}$ tablespoon finely chopped parsley.
$\frac{1}{2}$ teaspoon salt.	
$\frac{1}{8}$ teaspoon pepper.	$\frac{3}{4}$ tablespoon lemon juice.

Add a few chopped olives or pickles. Work butter with wooden spoon until creamy, season and add lemon juice slowly. To be served with meats, especially meat loaf.

LEONA THAYER YUILL.

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FISH

SALMON ESCALLOP

1 large size can salmon.	2 tablespoons fat.
Corn flakes.	1½ cups milk.
2 tablespoonsful flour.	Salt and pepper to taste.

Make a white sauce of last five ingredients. Oil a baking dish, put in a layer of corn flakes, then a layer of flaked salmon. Repeat until all ingredients are used, covering each layer with a little of the white sauce. Bake and serve hot. This is just as good made with bread crumbs instead of corn flakes. CORA DERBY.

SALMON LOAF

One cup rice, one-pound can salmon, ½ cup bread crumbs, one egg, ¼ teaspoon salt, ¼ teaspoon onion juice, ⅛ teaspoon pepper, ⅛ teaspoon celery salt. Cook rice in five cups boiling water for twenty minutes, drain. Line greased baking dish with rice, leaving nest in center. Pick over salmon, mash, add egg, bread crumbs and seasoning. Pack this mixture into rice nest, covering with rice. Bake in a moderate oven forty minutes. Turn out on platter and pour over tomato sauce. Any chopped meat or fish can be used as filling. Serves six. LILLIAN TABER.

SHRIMP SALAD FOR EIGHT

Three cans shrimp, four hard-boiled eggs cut fine, ½ onion cut fine, celery (as much as desired) cut fine. Moisten with mayonnaise.

HALIBUT BAKED IN TOMATO SAUCE

Boil can of tomatoes twenty minutes, put through sieve and add this pulp to one heaping teaspoon butter and flour rubbed to a smooth paste. Add salt, pepper and fish, baking till fish is done.

FISH PIE

Line a casserole with cooked rice. Make a thick white sauce, season with salt and onion juice; add chopped peppers, chopped hard boiled egg and flaked cooked fish. Fill the rice crust with this mixture, cover with a layer of the cooked rice, sprinkle the top lightly with grated cheese, and bake until brown. A good way to use left over fish. LEONA YUILL.

SALMON COCKTAIL

Flake one pound can of salmon and remove bones and skin. Place in eight cocktail glasses and pour over each one tablespoonful of following dressing—

1 tablespoon horse-radish.	2 tablespoons tomato catsup.
1 tablespoon vinegar.	2 tablespoons lemon juice.
1 tablespoon Worcestershire	1 dash of tabasco.
sauce.	$\frac{1}{2}$ teaspoon salt.

Serve with slice of lemon and wafer. Very appetizing. Will serve eight persons.

SALMON AND CORN LOAF

One can salmon, one can corn, one cup dried bread crumbs or crackers, two beaten eggs, one cup sweet milk, one tablespoon butter, salt and pepper to taste. Mix well and bake in a slow oven over forty minutes. This is a delicious dish. LILLIAN TABER.

BAKED TROUT

Clean well, season, salt and pepper, beat one egg lightly, spread over fish and lastly sprinkle with fine cracker crumbs. Bake until fish is done to a nice brown—about 25 or 30 minutes.

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N. TODD.

NUT BREAD

- | | |
|----------------------------|-------------------------|
| 4 cups white flour. | 1 cup broken nut meats. |
| 4 teaspoons baking powder. | 1 cup raisins. |
| 1 cup brown sugar, | 2 eggs. |
| or ½ cup white sugar. | 1½ pints milk. |
| 1 teaspoon salt. | |

Mix dry ingredients, beat eggs and add milk to eggs; then pour liquid into dry ingredients. Mix well; let raise in greased loaf tins 20 minutes. Bake one hour in moderate oven.

GRACE AVARD.

BOSTON BROWN BREAD

- | | |
|-------------------------|---------------------------|
| 2 cups graham flour. | ½ teaspoon soda. |
| 1 cup corn meal. | 1 teaspoon baking powder. |
| 1 cup corn syrup. | 1¾ cups milk. |
| 1 cup seedless raisins. | 1 egg. |

Fill baking powder cans half full, cover and set in large vessel of water with tight cover and cook on top of stove 1½ hours.

CAROLYN J. FLETCHER.

BAKED BROWN BREAD

½ cup molasses, ½ cup sugar, one quart graham flour, one teaspoon baking powder, one pint sour milk, stir in one teaspoon soda. Beat all together rapidly and bake in two baking powder cans for 45 minutes.

(MRS.) DOROTHY S. WALL.

NUT BREAD (OVEN)

- | | |
|----------------------------|--------------------------|
| 3½ cups flour. | ½ teaspoon salt. |
| 3 teaspoons baking powder. | 1 egg, beaten. |
| 1½ cups milk. | 1 cup chopped nut meats. |
| ¾ cup sugar. | |

Put into greased bread tin and raise 30 minutes. Bake slowly for 45 minutes.

(MRS.) LENORE F. SMITH.

GRAPENUT BREAD

Soak together for 10 minutes—two cups sour milk, one cup grape nuts and $1\frac{1}{2}$ cups sugar. Then add one egg well beaten, $\frac{1}{2}$ teaspoon salt, three cups flour sifted with four level teaspoons baking powder. Dissolve one teaspoon soda in a little hot water and add last. Put into two well greased bread pans, let stand one hour and bake 40 minutes in a moderate oven.

FRENCH COFFEE CAKE

One cup sugar, two large tablespoons butter, one egg well beaten (white and yolk beaten separately), one cup milk, two cups flour (sift four or five times), and two teaspoons baking powder.

Top—Mix sugar and chopped walnuts with some melted butter and spread over top before baking. MRS. OLIVE ROLL.

QUICK COFFEE CAKE

$1\frac{1}{2}$ cups flour.	6 tablespoons sugar.
2 teaspoons baking powder.	2 tablespoons melted fat.
$\frac{1}{2}$ teaspoon salt.	1 egg.
$\frac{1}{4}$ teaspoon nutmeg.	$\frac{1}{2}$ cup milk.

Add in order given and mix to a smooth dough.

TOP MIXTURE

4 tablespoons sugar.	2 tablespoons flour.
1 teaspoon butter.	$\frac{1}{4}$ teaspoon cinnamon.

Mix well with a fork and place on top of cake. Bake in a hot oven. GLADYS WOHLFAHRT.

OATMEAL BISCUITS

$1\frac{1}{3}$ cups raw rolled oats, $1\frac{1}{2}$ cups wheat flour, 5 tablespoons melted shortening, 1 teaspoon salt, 1 tablespoon sugar, 3 teaspoons baking powder, milk or water to make the right consistency. Sift salt, baking powder and sugar with flour, then mix thoroughly with oats to make a dough of the same consistency as any biscuit. Roll or pat out about $\frac{1}{2}$ inch thick and cut. Brush off tops with milk and bake in a quick oven. LILLIAN TABER.

SOUTHERN SOUR MILK BISCUITS

6 tablespoons lard.	2 teaspoons baking powder.
3 cups flour.	1 level teaspoon soda.
1 cup sour milk.	$\frac{3}{4}$ teaspoon salt.

Roll thin and cut with biscuit cutter. CAROLYN J. FLETHER.

SOUTHERN BISCUITS

- | | |
|------------------------|--------------------------|
| 3 cups flour. | 4 level teaspoons baking |
| 1 cup milk. | powder. |
| 6 tablespoonsful lard. | 1 level teaspoon salt. |

Mix flour, baking powder and salt, and sift, then the lard; add milk to make soft dough. Roll on bread board and cut with a biscuit cutter.

CAROLYN J. FLETCHER.

BAKING POWDER BISCUITS

- | | |
|----------------------------|-------------------------------|
| 3 cups flour. | $\frac{1}{2}$ cup shortening. |
| 3 teaspoons baking powder. | 1 cup milk. |
| 1 teaspoon salt. | |

Sift together, flour, baking powder and salt. Work in shortening, then add milk. Turn on floured board and cut in rounds. Bake about 15 minutes.

NINA OESTERLING.

SOUR MILK BISCUITS

- | | |
|------------------------------|--------------------------------------|
| 2 cups flour. | $\frac{1}{2}$ teaspoon salt. |
| 1 teaspoon baking powder. | 2 tablespoons shortening. |
| $\frac{1}{2}$ teaspoon soda. | $\frac{7}{8}$ cup sour milk (thick). |

Mix and sift dry ingredients, work in shortening, add liquid gradually, making dough as soft as can be handled. Turn on floured board, pat into $\frac{1}{2}$ inch thickness, cut and bake in a hot oven—450 degrees.

CORNMEAL BUNS

- | | |
|------------------------------------|----------------------------|
| 2 cups bread flour. | 2 eggs. |
| $\frac{3}{4}$ cup yellow cornmeal. | 1 cup milk. |
| $\frac{1}{2}$ cup sugar. | 3 teaspoons baking powder. |
| 4 tablespoons melted butter. | |

Measure and sift together flour, cornmeal, baking powder and sugar. Beat eggs until light and add milk; blend with dry ingredients while beating constantly. Last add melted butter, put into hot gem pans and bake in a moderate oven for 25 minutes.

LILLIAN F. TABER.

CINNAMON BUNS

Roll plain bread dough out $\frac{1}{4}$ inch thick on floured board; brush with melted butter, sprinkle with brown sugar, cinnamon and raisins. Roll as for jelly roll; cut into $1\frac{1}{2}$ inch pieces, place with cut edges on greased pan. Sprinkle with $\frac{1}{4}$ inch brown sugar and cinnamon. Bake in a moderate oven 30 to 35 minutes; remove from pan at once.

MARY A. HETHERINGTON.

COFFEE CAKE

1½ pints milk, ½ cup butter and lard, salt to taste, one cup sugar, flavor with nutmeg, three eggs, 2c yeast cake dissolved in ½ cup lukewarm water, flour enough to make a firm dough, and mix with fingers. Let raise 4 to 5 hours, then spread on greased tins.

For topping, add sliced apples covered with crumbs made of ½ cup sugar, ½ cup flour, a little salt, one tablespoon butter, grated lemon rind. Let raise about ½ hour in tin, then bake.

PARKER HOUSE CORN CAKE

Mix together one cup cornmeal, one cup flour, two teaspoons baking powder, ½ teaspoon salt. Mix in another bowl one egg, ½ cup sugar, and one cup warm milk. Pour liquid mixture into the dry and beat thoroughly. Bake 20 minutes. LILLIAN TABER.

CORN BREAD

Two eggs beaten light, ½ cup sugar, one cup milk, 1½ cups flour, one cup corn meal, three teaspoons baking powder, three large tablespoons butter. Bake 30 minutes in a moderate oven. A cup of cooked oatmeal mush added to this recipe gives the corn bread a delicious flavor and keeps it from crumbling.

JESSIE M. GOULD.

CORN BREAD

Two cups flour, one cup corn meal, two eggs, two tablespoons sugar, butter the size of ½ an egg, ½ teaspoon salt, two heaping teaspoons baking powder, enough milk to make like cake.

ROLLS

One cup bread dough just before you make the bread into loaves. It will raise real high and have a crust over it; don't break the crust, and use the first or second day following. Cover and keep in a medium cool place. Put one cup warm water on the dough, ½ cup sugar and a little salt; stir, then add flour to make a medium dough, not quite as stiff as for bread. Let raise real light, let raise again, and make into buns. Make real flat. Bake 20 minutes in a hot oven. This will make two dozen buns.

A. R. THAYER.

MUFFINS

One egg beaten with one large tablespoon sugar, one cup milk, two tablespoons melted butter, 2½ teaspoons baking powder. Flour enough to make consistency of cake. Heat pans before putting in mixture.

MARY E. HERRINGTON.

PENNY MUFFINS

- | | |
|-------------------|-----------------------|
| 1 yeast cake. | 2 tablespoons butter. |
| 1 cup milk. | 1 teaspoon salt. |
| 1 cup warm water. | 1 egg. |
| ½ cup sugar. | Flour to make dough. |

Dissolve yeast in water and milk, add salt and 1½ cups flour and let rise. When light, add sugar, egg and butter and beat hard. Stir in flour to handle and let it rise twice. Then knead into muffin pans and bake 12 minutes in a hot oven. Makes 30 muffins.

GRAHAM MUFFINS

- | | |
|-----------------------|---------------------|
| 2 cups graham flour. | ½ cup sugar. |
| 1 cup bran flour. | 2 eggs beaten. |
| 1 teaspoon soda. | ½ teaspoon salt. |
| 2 tablespoons butter. | 1½ cups sweet milk. |

Mix and bake in muffin tins in a moderate oven for 45 minutes or until done. Makes twelve muffins. FLORENCE J. MORROW.

DOUGHNUTS

- | | |
|----------------------------|---------------------------|
| 1 cup sugar. | 5 cups sifted flour. |
| 1 teaspoon mace or nutmeg. | ½ teaspoon baking soda. |
| 3 tablespoons melted fat. | 1 teaspoon baking powder. |
| 2 eggs. | 1 cup sour milk. |

Mix sugar, mace, fat and eggs; stir well, add sour milk and mix. Then add flour, soda and baking powder sifted together, in the liquid; roll and cut. Use 1½ pounds lard in a two-quart kettle, dropping in one at a time and turning before adding another. Bake three at a time. Goes quick and you don't need so much lard. GRACE AVARD.

DOUGHNUTS

Two eggs, ½ cup sugar, ½ cup sour cream, ½ teaspoon butter, ¼ teaspoon soda, ½ teaspoon baking powder, a good pinch of salt, ½ teaspoon nutmeg, flour to roll as thin as possible. Fry in deep fat not too hot. MRS. LOTTIE LARSEN.

DOUGHNUTS

1½ cups thick sour cream, one scant cup buttermilk, two eggs, one cup sugar, ½ teaspoon salt, ¼ teaspoon nutmeg, two teaspoons baking powder, one teaspoon soda dissolved in milk for a short time. Flour to make dough not too stiff. Handle as little as possible. Makes about four dozen. LILLIAN TABER.

DOUGHNUTS

Two eggs well beaten, one cup sour milk, one cup sugar creamed with $1\frac{1}{2}$ tablespoons butter, one teaspoon soda dissolved in one teaspoon hot water, a pinch of ginger to prevent soaking fat, and one teaspoon nutmeg. Beat eggs, milk and sugar well together before adding flour. Stir in enough flour to roll, and cut.

CAROLYN J. FLETCHER.

DOUGHNUTS

Two cups granulated sugar, one cup hot mashed potatoes, butter the size of an egg. Cream together, then add one cup sweet milk and three well beaten eggs, one quart flour sifted with five teaspoons (slightly rounded) baking powder and one teaspoon nutmeg rounded up.

MRS. PEARLE GAGLE.

DOUGHNUTS

One cup sugar, two eggs, two tablespoons melted lard, one cup sweet milk, $1\frac{1}{2}$ teaspoons baking powder, a little salt and some nutmeg. Flour to make a soft dough.

MARY E. HERRINGTON.

DOUGHNUTS

Two cups granulated sugar, three eggs, three tablespoons melted lard, $\frac{1}{2}$ teaspoon nutmeg, one teaspoon baking soda in one cup sour milk, about five or six cups flour. Mix in order given. Makes about three dozen. Fry in deep fat.

AGNES J. NOREN.

DROP DUMPLINGS

$1\frac{1}{2}$ cups flour.

1 egg.

$\frac{1}{2}$ teaspoon salt.

1 cup milk.

1 teaspoon baking powder.

Mix and drop by spoonfuls in broth. Cover tight for ten minutes, uncover and boil five minutes longer.

FLORENCE J. MORROW.

WAFFLES

1 pint flour.

2 eggs (yolks and whites

3 teaspoons baking powder.

beaten separately.)

$\frac{1}{2}$ teaspoon salt.

1 cup milk.

1 tablespoon melted butter.

Mix in order given and bake at once on a hot, well greased waffle iron. If batter is too stiff, more milk may be added. Serve with syrup.

PAN CAKES

$\frac{1}{2}$ cup flour, with one teaspoon baking powder, $\frac{1}{4}$ teaspoon salt and one egg to each person to be served. Melt level teaspoon butter and pour in last; beat well, and use milk enough to make batter about the consistency of thick cream.

N. TODD.

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PIES AND PASTRY

BUTTER SCOTCH PIE

1½ cups brown sugar mixed with four tablespoons flour, 1½ cups cold water. Cook in double boiler until thickened. Add two egg yolks well beaten and two tablespoons butter and cook for five minutes longer. Remove from fire and add one teaspoon vanilla. Pour in pastry shell, cover with a meringue and brown in the oven.

(MRS.) DOROTHY S. WALL.

BANANA PIE

1½ tablespoons flour mixed with ¾ cup sugar, yolks of three eggs beaten lightly, 1½ cups milk, ¼ teaspoon salt, ½ teaspoon vanilla. Mix all together and boil until thick. Bake crust, line with bananas and cover with above mixture. Spread meringue made from the whites of the eggs, and brown.

VIOLET V. TROWBRIDGE.

PUMPKIN PIE (One Pie)

One cup pumpkin, ½ cup sugar, two eggs, ½ teaspoon each of salt, nutmeg, cloves and ginger, one cup milk, ½ cup cream or a little butter.

JESSIE M. GOULD.

CREAM PIE

One pint of milk, ½ cup of sugar, pinch of salt, three eggs and 1½ tablespoons flour. Heat sugar, milk and salt in a double boiler. Beat yolks of eggs, stir in flour and add milk to make a smooth paste, add to milk and cook until thick. Beat whites to a stiff froth, add three tablespoons of sugar, cover pie with same and brown. This makes a filling for one crust.

MARY KIRKLAND.

ORANGE PIE

One cup water, ¾ cup granulated sugar and pinch of salt put on to boil. Add four tablespoons corn starch dissolved in water to the boiling mixture; let boil until corn starch is well cooked. Separate two eggs, beat yolks slightly with two tablespoons cold water. Remove boiling mixture from stove and stir in egg yolks. Put on stove and boil until thick, being careful not to scorch. Remove from fire, add grated rind of one orange, ½ cup orange juice with one tablespoon lemon juice. Put in baked shell, place meringue on top and brown.

MRS. CLAYTON BRIGGS.

APPLE PIE THAT IS DIFFERENT

CRUST—One cup flour to three tablespoons lard and one teaspoon salt. Rub together with spoon and mix with milk until stiff enough, but not too stiff.

FILLING—Wash four apples and chop with skins on, add $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon cinnamon, and one tablespoon butter. Mix all well together in a pan, turn into crust and bake 50 minutes. N. TODD.

RHUBARB PIE

2 cups rhubarb. 3 egg yolks.
1 cup sugar. 1 tablespoon flour.

Cut rhubarb into small pieces, mix with other ingredients and bake in rich pie crust. Use whites of eggs for top.

FLORENCE J. MORROW.

RAISIN PIE

$1\frac{1}{2}$ cups sugar. $\frac{1}{4}$ tablespoon cinnamon.
2 cups raisins. 2 tablespoons butter.
 $1\frac{1}{2}$ cups hot water. $\frac{1}{4}$ cup vinegar.
1 tablespoon corn starch. 1 egg.

Mix sugar, cinnamon and corn starch; add hot water, butter, vinegar and egg well beaten, and last add raisins. Cook until thick, stirring constantly. Any pie crust that is flaky is all right.

CAROLYN J. FLETCHER.

LEMON CREAM PIE

CRUST—One cup hard wheat flour, $\frac{1}{3}$ cup lard, 1-6 cup cold water, $\frac{1}{3}$ teaspoon salt. Sift flour and salt, blend in lard. Add water, roll and bake.

FILLING—Put in double boiler, one cup boiling water and one tablespoon butter. Wash one lemon and grate the rind, adding this to the water and butter. Squeeze four tablespoons lemon juice into a cup. Separate four eggs, beating the whites first until very stiff, then beat the yolks. Add to the yolks $\frac{3}{4}$ cup of sugar, into which has been mixed three teaspoons corn starch; then add lemon juice and beat well. Add this mixture to the boiling water, butter and lemon rind; beat continually until thick. Separate the whites of the eggs into two parts, adding one portion to the thickened mixture and fold in carefully. Pour this into baked crust.

MERINGUE—To the remaining egg whites add three teaspoons sugar and one teaspoon lemon juice. Beat well, spread on pie and brown. MRS. NINA OESTERLING.

APPLE PIE

6 large apples.	1 tablespoon butter.
$\frac{3}{4}$ cup sugar.	$\frac{1}{2}$ cup water.
1 tablespoon flour.	Nutmeg or cinnamon to taste.

Line a deep tin with rich crust; cover bottom of crust with sugar and flour well mixed. Prepare the apples by paring and cutting in halves. Take out core, leaving a cup in each half. Place apples in prepared crust and sprinkle with sugar; cut butter in tiny bits and put in center of each apple. Sprinkle with nutmeg or cinnamon. Pour on water and bake in a moderate oven. Serve with plain or whipped cream, or ice cream.

APPLE CUSTARD PIE

3 eggs.	2 cups milk.
2 cups sugar.	$\frac{1}{2}$ teaspoon vanilla.
1 tablespoon flour.	

Mix sugar and flour, and add beaten eggs, milk and vanilla. Pour over apples in crust and bake. VIOLET V. TROWBRIDGE.

LEMON CREAM PIE FILLING

Four tablespoons flour and $1\frac{1}{2}$ cups sugar, mixed; one large or two small lemons. If lemons are washed and hot water poured over them after juice is extracted, this water can be added after mixture is in double boiler, saving time and bother of grating rind. Add juice of lemon to flour and sugar and enough cold water to the consistency of rich batter. Have water boiling and add three cups, set over hot water in double boiler but do not light gas. Beat yolks of three eggs well and add, cook until thick then turn off gas and add butter size of walnut. If small pieces of cracked ice are added to egg whites while beating you can double the amount and it will not fall while baking. N. TODD.

COCOA CREAM PIE

Place pastry over inverted pie pan and bake a delicate brown.

FILLING

5 tablespoons cocoa.	2 cups milk.
4 tablespoons corn starch.	$\frac{1}{4}$ teaspoon salt.
$\frac{1}{2}$ cup sugar.	1 egg.

Combine cocoa, corn starch, sugar and salt. Add heated milk slowly, stirring constantly. Cook fifteen minutes. Add well beaten egg, cook two minutes more. Pour in shell when cool, and cover with whipped cream. CORA DERBY.

RHUBARB PIE

3 cups rhubarb. 2 eggs.
1½ cups sugar. 1 cup milk.
1 tablespoon flour.

Mix sugar and flour. Beat eggs well and add to sugar and flour, then add milk. Pour over rhubarb. NINA OESTERLING.

SQUASH PIE

Boil and rub through colander a good marrow squash. For one pie, use—

1 cup squash.	A little nutmeg and
½ cup sugar.	cinnamon.
2 eggs.	½ cup cream.
½ teaspoon salt.	1 cup milk.

If no cream, use a little butter. JESSIE M. GOULD.

PRUNE CREAM PIE

1 cup prune pulp.	2 eggs.
1 cup milk.	⅓ cup sugar.
1 tablespoon corn starch.	1 tablespoon orange or lemon juice.

To the prune pulp, add the scalded milk thickened with corn starch. Then the egg yolks and sugar are added with the flavoring. Pour into pastry shell, cover with beaten egg whites and brown delicately in a slow oven. CORA DERBY.

PUMPKIN, SQUASH OR SWEET POTATO PIE

1½ cups pumpkin.	½ teaspoon salt.
⅔ cup sugar.	¼ teaspoon nutmeg.
1 egg.	¼ teaspoon cinnamon.
½ cup milk.	½ cup cream.

1 tablespoon melted butter.

Steam and strain pumpkin to make 1½ cups. Add sugar, salt, spice, butter, egg slightly beaten, and milk gradually. Fill raw crust and after crust is set, bake slowly. For squash or sweet potato pie, use squash or sweet potato instead of the pumpkin.

CORA DERBY.

FOR MAKING PIE SHELLS

When making pie shells, invert the pie tin and cover bottom with crust, instead of lining pan and you have a much nicer crust.

N. TODD.

QUICK PASTRY

1 cup flour.

$\frac{1}{4}$ cup lard.

$\frac{1}{2}$ teaspoon salt.

$\frac{1}{4}$ teaspoon baking powder.

3 tablespoons boiling water.

Sift dry ingredients together, add lard to hot water and mix with knife, keeping mixture flaky.

CAROLYN J. FLETCHER.

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COOKIES

FUDGE BROWNIES

- | | |
|-------------------------------------|------------------------------|
| 1 cup sugar creamed with | 2 eggs. |
| 5 tablespoons butter. | 4 tablespoons cocoa. |
| A scant $\frac{1}{3}$ cup milk. | $\frac{1}{8}$ teaspoon salt. |
| $\frac{2}{3}$ cup Swans Down flour. | 1 teaspoon vanilla extract. |
| 1 cup chopped nuts. | |

Bake in a shallow pan for 15 minutes in a moderate oven. While still warm cut in squares like fudge.

(MRS.) DOROTHY S. WALL.

ROCKS

- | | |
|--|---|
| 1 $\frac{1}{2}$ cups brown sugar. | $\frac{1}{2}$ teaspoon salt. |
| 1 scant cup butter. | 1 cup raisins (seeded and chopped.) |
| 1 cup walnuts (chopped) or hickory nuts. | 3 $\frac{1}{4}$ cups flour (Swans Down) |
| 3 eggs. | 1 teaspoon soda, dissolved in |
| 1 teaspoon cinnamon. | 1 $\frac{1}{2}$ tablespoons hot water. |

Cream butter, add sugar gradually then the eggs, well beaten. Reserve part of flour and mix with fruit and nuts. Add rest of ingredients and lastly floured fruit. Drop from teaspoon on buttered tins one inch apart. Bake in a moderate oven.

SURPRISE COOKIES

- | | |
|----------------------------|----------------------------|
| 1 cup sugar. | $\frac{1}{2}$ cup butter. |
| 1 egg, well beaten. | $\frac{1}{2}$ cup milk. |
| 2 teaspoons baking powder. | 2 cups flour (Swans Down.) |
| (Dr. Price's.) | |

Cream sugar and butter, add beaten eggs and milk, thicken with sifted flour and baking powder. Add more flour if needed to roll, cut in circles. Put a little filling on a cookie and cover with another cookie. Put a raisin on top and sprinkle sugar over lightly. Bake in a quick oven.

FILLING FOR COOKIES.

- | | |
|---------------------------------|--------------------------------|
| $\frac{1}{2}$ cup chopped nuts. | 1 cup raisins, seeded and cut. |
| $\frac{1}{2}$ cup sugar. | 1 teaspoon flour. |
| 1 scant cup boiling water. | (Swans Down.) |

Mix raisins, sugar and flour. Put in saucepan, pour boiling water over it, cook until thick. Stir in the nuts chopped fine and let cool.

CORA DERBY.

LEMON WAFERS

- | | |
|---------------------------|---------------------------------------|
| $\frac{3}{4}$ cup butter. | $\frac{1}{2}$ teaspoon grated nutmeg. |
| 2 cups sugar. | 1 teaspoon lemon juice, or |
| 4 cups Swans Down flour. | grated rind of one lemon. |
| $\frac{1}{4}$ cup milk. | 3 teaspoons baking powder |
| 2 eggs. | (Dr. Price's.) |

Cream butter, add sugar; add milk to eggs well beaten. Add slowly to creamed butter and sugar, then nutmeg and lemon. Add two cups flour sifted with baking powder, then add enough more flour to make a stiff dough. Roll thin and cut with cookie cutter. Sprinkle with sugar and bake 12 minutes in a hot oven.

ELSIE MCQUINN.

OATMEAL COOKIES

- | | |
|---------------------------|---------------------------------|
| 1 cup flour (Swans Down.) | 1 $\frac{1}{2}$ cups oatmeal. |
| 1 scant cup sugar. | $\frac{1}{2}$ cup shortening. |
| 1 teaspoon cinnamon. | $\frac{1}{2}$ teaspoon soda, in |
| 1 teaspoon warm coffee. | 1 tablespoon sour milk. |
| Pinch of salt. | 1 egg. |
| Raisins to taste. | |

Cream sugar and shortening, add egg, soda and milk; sift dry ingredients together, add to batter, adding the raisins last. Bake in a moderate oven.

CORA DERBY.

ICE BOX COOKIES

- | | |
|------------------------------|-----------------------------|
| 4 cups brown sugar. | 1 level teaspoon soda. |
| 1 $\frac{1}{2}$ cups butter. | 7 cups flour (Swans Down) |
| 5 eggs, beaten. | 1 cup walnut meats, ground. |
| 1 teaspoon cream of tartar. | 2 level teaspoons salt. |
| (Rounded.) | |

Mix well with hands, then roll and put in ice box over night. Cut in slices and bake.

JESSIE M. GOULD.

ORANGE COOKIES

- | | |
|--------------------------------------|-----------------------------|
| $\frac{1}{4}$ cup butter. | 4 egg yolks. |
| 1 cup sugar. | 2 tablespoons orange juice. |
| 2 cups flour (Swans Down.) | 2 teaspoons baking powder. |
| Grated rind of $\frac{1}{2}$ orange. | (Dr. Price's.) |

More flour if needed. Cream butter, add sugar and orange rind gradually. Add egg yolks; sift flour and baking powder three times and add to egg mixture alternately with water and orange juice mixed. Mix stiff, roll and cut. Bake 8 to 10 minutes in a hot oven.

FILLED COOKIES

- | | |
|---------------------------|--------------------------------|
| 1 cup sugar. | Pinch of salt. |
| $\frac{1}{2}$ cup butter. | $\frac{1}{4}$ teaspoon nutmeg. |
| 1 egg. | $\frac{1}{2}$ cup sour milk. |
| 1 level teaspoon soda. | |

Mix sugar, butter and egg. Then add milk and enough flour (Swans Down) to roll. Roll thin, cut a hole in center of half of the cookies. On other half put one teaspoon of the following filling, cover with the cookie that has the hole in. Squeeze edges together and bake. Enough for 36 cookies.

FILLING

- | | |
|------------------------------|----------------------------------|
| $\frac{1}{2}$ pound raisins. | $\frac{1}{2}$ tablespoon butter. |
| $\frac{1}{2}$ cup water. | 1 tblspn. Swans Down flour. |

Boil raisins, water and butter together until raisins swell, then thicken with flour smoothed with water. Cool and place between the above cookies.

EDITH E. LIND.

OATMEAL COOKIES

- | | |
|----------------------------|--------------------------|
| 2 eggs. | 1 cup raisins. |
| 1 cup shortening. | 5 tablespoons sour milk. |
| 3 cups oatmeal. | 1 teaspoon soda. |
| 3 cups flour (Swans Down.) | 1 cup sugar. |

Grind oatmeal and raisins through food chopper, add eggs, shortening and sugar, then milk to which has been added the soda.

CREAM COOKIES

- | | |
|-------------------|---------------------------|
| 2 cups sugar. | 1 cup butter. |
| 2 eggs. | 1 teaspoon soda. |
| 1 cup sour cream. | 1 teaspoon lemon extract. |

Flour (Swans Down) to make a dough as soft as can be rolled. Will make 70 medium cookies.

LEONA THAYER YUILL.

BUTTERSCOTCH COOKIES

- | | |
|---------------------------|---------------------------------------|
| 2 cups brown sugar. | 1 teaspoon vanilla. |
| $\frac{3}{4}$ cup butter. | 1 cup nut meats. |
| $\frac{1}{4}$ cup lard. | 1 teaspoon cream of tartar. |
| 2 eggs. | $3\frac{3}{4}$ cups Swans Down flour. |
| 1 teaspoon soda. | |

Mix all ingredients well, shape into a loaf and let stand over night. In the morning slice, put on greased pans and bake.

LEONA THAYER YUILL.

SUGAR COOKIES

- | | |
|------------------------------------|-----------------------------|
| 4 eggs. | $\frac{1}{2}$ nutmeg. |
| $1\frac{1}{2}$ cups sugar. | 2 teaspoons baking powder. |
| $\frac{1}{2}$ cup butter and lard. | (Dr. Price's.) |
| 1 orange. | Flour to roll (Swans Down.) |
| 1 teaspoon vanilla. | |

Bake in a quick oven. Beat the first three ingredients well. Add the juice of the orange, vanilla and nutmeg; beat, then add baking powder and flour.

LEONA YUILL.

MARGUERITES

Boil two cups of sugar and one cup of water until it threads. Add gradually to two beaten egg whites; beat until creamy, add walnuts or cocoanuts. Spread on Saratoga crackers, and bake a light brown in a slow oven.

DATE BARS

- | | |
|-------------------------|---------------------------------------|
| 1 cup sugar. | 3 eggs. |
| 1 cup Swans Down flour. | 1 teaspoon Dr. Price's baking powder. |
| 1 cup chopped dates. | |
| 1 cup chopped nuts. | 1 teaspoon vanilla. |

Beat eggs and sugar, stir in flour and baking powder; add chopped dates and walnut meats, also flavoring. Turn in shallow pan and bake 25 minutes. Let cool in pan, then cut in bars three inches long and sprinkle with powdered sugar.

ELSIE MCQUINN.

DATE BARS

- | | |
|------------------------------|---|
| 1 package dates. | 1 rounded teaspoon baking powder (Dr. Price's.) |
| $\frac{1}{4}$ pound walnuts. | |
| 1 cup Swans Down flour. | 3 eggs. |
| 1 cup sugar. | 2 teaspoons vanilla. |

Grease pans and bake in a hot oven 30 minutes. Cut squares and roll in powdered sugar.

MARGARET LIMING.

OATMEAL MACAROONS

- | | |
|---------------------------------|---------------------------------------|
| 2 eggs—beaten light. | $2\frac{1}{2}$ cups oatmeal. |
| $\frac{1}{2}$ cup sugar. | 1 teaspoon Dr. Price's baking powder. |
| 1 tablespoon softened butter. | |
| $\frac{1}{2}$ teaspoon vanilla. | $\frac{1}{2}$ teaspoon salt. |

Mix thoroughly the oatmeal, salt and baking powder. To the eggs, add the sugar, butter, vanilla, and the oatmeal mixture. Drop by the teaspoonful on buttered tins and smooth into rounds. Bake in a moderate oven.

NINA OESTERLING.

COOKIES

- | | |
|-------------------|--------------------------|
| 1 cup sour cream. | 2 eggs. |
| 1 cup butter. | 1 teaspoon soda (level.) |
| 2 cups sugar. | |

Swans Down flour to roll. Bake quickly.

MARY E. HERRINGTON.

CHOCOLATE COOKIES

Rub one scant cup butter to a cream with two cups of brown sugar. Add the beaten yolks of four eggs; next the beaten whites, and one teaspoon vanilla. Stir in one cup grated chocolate. Mix with $1\frac{1}{2}$ pints of Swans Down flour and three teaspoons Dr. Price's baking powder. Roll out and cut; bake in a hot oven.

JESSIE M. GOULD.

CREAM PUFFS

Boil together one cup water and $\frac{1}{2}$ cup butter. While boiling, stir in one cup sifted flour (Swans Down). Remove from fire and stir into a smooth paste. When cool, add three unbeaten eggs, stirring five minutes. Drop in spoonfuls on buttered tins and bake in a quick oven 25 minutes.

NINA OESTERLING.

FRUIT COOKIES

- | | |
|--------------------------------|----------------------|
| 1 cup butter. | 1 cup raisins. |
| 2 cups brown sugar. | 3 eggs, beaten. |
| $\frac{1}{2}$ cup cold coffee. | 1 teaspoon soda. |
| 3 cups Swans Down flour. | 1 teaspoon nutmeg. |
| 1 cup nuts (chopped.) | 1 teaspoon cinnamon. |
| | 1 teaspoon salt. |

Mix above in order given and drop from teaspoon on buttered tin. Bake in a hot oven.

MARY A. HETHERINGTON.

GINGER COOKIES

- | | |
|-------------------------------|---------------------------------|
| 1 cup sugar. | 1 heaping teaspoon soda. |
| $\frac{1}{2}$ cup molasses. | 1 teaspoon ginger. |
| 1 egg. | 3 cups Swans Down flour. |
| $\frac{1}{2}$ cup sour cream. | $\frac{1}{2}$ teaspoon vanilla. |
| $\frac{1}{2}$ cup butter. | |

Mix sugar and shortening together. Add molasses and sour cream, then egg, soda and ginger dissolved together. Add flour and vanilla last.

LEONA YUILL.

DATE STICKS

$\frac{3}{4}$ cup Swans Down flour.	$\frac{1}{4}$ teaspoon salt.
$\frac{3}{4}$ cup sugar.	1 cup dates (chopped).
$\frac{1}{2}$ teaspoon Dr. Price's baking powder.	1 cup nuts (chopped).

Sift together the flour, sugar, baking powder and salt. Stir into dry ingredients three eggs beaten lightly. Spread with knife as thin as possible on a long pan which has been greased and floured. Place in a medium oven and bake about 15 minutes. When ready to serve, roll slices cut into oblong strips, in powdered sugar. To keep for an indefinite time, wrap in waxed papers.

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SPICE CAKE

1½ cups sugar, 2 tablespoons butter, 3 eggs, 1 cup sour cream, 1 teaspoon each nutmeg, cloves and cinnamon, 2 tablespoons molasses, 2 cups Swans Down flour, 1 teaspoon soda dissolved in a little hot water and add to sour cream. Save 2 of the 3 egg whites for frosting. Mix in the order given.

FROSTING—2 cups sugar and ½ cup water cooked until it threads, then pour over the stiffly beaten whites of eggs. Add ½ pound of raisins and 10c worth of walnut meats, broken up. Beat all together until thick enough to spread. LILLIAN TABER.

DEVIL'S FOOD CAKE

¼ cup butter, add 1 cup sugar and cream very light, beat in 2 whole eggs, 1 teaspoon soda in ½ cup thick sour milk, 1¼ cup of flour sifted with ½ teaspoon Dr. Price's baking powder. Cut ¼ cake Baker's Chocolate into a cup and add enough boiling water to make cup ½ full. Add this to the cake last, flavor with vanilla, bake in layers or a sheet. Use any frosting desired.

DATE CAKE

1 cup boiling water.	1 cup dates.
1 teaspoon baking soda.	1¾ cups Swans Down flour.
Butter, size of an egg.	1 teaspoon cinnamon.
1 cup sugar.	¼ teaspoon cloves.
2 eggs.	A little salt.
1 cup walnuts.	

To the boiling water, add the dates and baking soda—let cool. Cream the butter and sugar, add the eggs. Mix in a little flour, then the water and dates, spices, flour and nuts. Bake in layers in a moderate oven. Use a butter cream frosting.

NINA OESTERLING.

CREAM CAKE

2 eggs.	1 cup sugar.
½ pint bottle cream.	1¾ cups Swans Down flour.
2 teaspoons Dr. Price's baking powder.	½ teaspoon vanilla.

Mix in order given. Will make 2 large layers. Bake 20 minutes. LEONA THAYER YUILL.

RICH SHORT-CAKE

2 cups Swans Down flour.	$\frac{1}{3}$ cup butter.
$\frac{1}{4}$ cup sugar.	$\frac{3}{4}$ cup milk.
$\frac{1}{2}$ teaspoon salt.	1 egg.
3 teaspoons Dr. Price's baking powder.	

Mix dry ingredients, rub in butter, add milk and beaten egg. Bake in two buttered round tins for 15 minutes in a hot oven. Butter and spread on sweetened strawberries.

FLORENCE J. MORROW.

DEVIL'S FOOD CAKE

1 cup sugar.	1 cup Swans Down flour.
$\frac{1}{4}$ cup butter.	$\frac{1}{4}$ cup cocoa, mixed in flour.
1 egg or 2 yolks.	$\frac{3}{4}$ teaspoon baking soda, dissolved in $\frac{1}{2}$ cup boiling water.
$\frac{1}{4}$ cup sour milk.	

Cream butter and suar, add egg (not beaten), then sour milk, flour, cocoa and last the baking soda dissolved in the boiling water. Beat thoroughly after each addition.

OLIVE ROLL.

SPONGE CAKE

4 eggs.	$\frac{3}{4}$ cup bread flour.
1 cup powdered sugar.	$1\frac{1}{2}$ teaspoons Dr. Price's baking powder.
2 tablespoons lemon juice.	$\frac{1}{2}$ teaspoon salt.
1 teaspoon lemon rind.	

Beat egg yolks thoroughly, add sugar gradually, beating well after each addition. Add lemon juice and rind; beat again. Mix flour, baking powder and salt, sift together twice. Sift into egg mixture and beat three minutes. Fold in egg whites which have been beaten until stiff.

CORA DERBY.

GINGER PUFF

$\frac{1}{4}$ cup oil or melted fat.	$\frac{1}{2}$ teaspoon baking soda.
$1\frac{3}{4}$ cups Swans Down flour.	1 egg.
1 teaspoon Dr. Price's baking powder.	1 teaspoon cinnamon.
$\frac{1}{2}$ cup syrup.	$\frac{1}{2}$ cup sugar.
1 teaspoon ginger.	$\frac{1}{2}$ cup sour milk.
	$\frac{1}{2}$ teaspoon salt.

Sift dry ingredients twice. Drop egg in without beating, add syrup, milk and shortening. Stir around and around until smooth. Bake in a moderate oven 20 minutes.

CORA DERBY.

BANANA CAKE

2 tablespoons shortening, 1 cup sugar, 3 bananas (mashed), 2 eggs (beaten light), 4 tablespoons sour milk with 1 level teaspoon baking soda, 2 cups Swans Down flour sifted twice. Mix in order given. Bake in layers, about 25 to 30 minutes in a moderate oven. Use any good icing.

JESSIE M. GOULD.

SWEET MILK DEVIL'S FOOD

2 cups Swans Down flour.	1 teaspoon soda.
1½ cups sugar.	3 eggs.
½ cup butter.	1 cup grated chocolate.
½ cup sweet milk.	Melted in 1 cup sweet milk.
1 teaspoon vanilla.	

Cream butter and sugar, add eggs, flour, soda, vanilla and milk. Add the melted, cooled chocolate last. Bake in two layers. Fill as desired.

FLORENCE G. MORROW.

SPICE CAKE

½ cup shortening, 1 cup sugar, 2 eggs, ½ cup molasses, 1 teaspoon baking soda in 1 cup sour milk, 2½ cups Swans Down flour, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon nutmeg, a pinch of salt, 1 cup floured raisins. Bake in a loaf, about 45 to 50 minutes in a slow oven.

AGNES J. NOREN.

DATE CREAM CAKE

1 cup sugar.	1 cup chopped nuts.
½ cup Swans Down flour.	1 teaspoon Dr. Price's
4 or 5 eggs.	baking powder.
1 cup chopped dates.	A pinch of salt.

Mix the ingredients adding beaten whites of eggs last. Bake in flat tin and cover with sweetened whipped cream when cold.

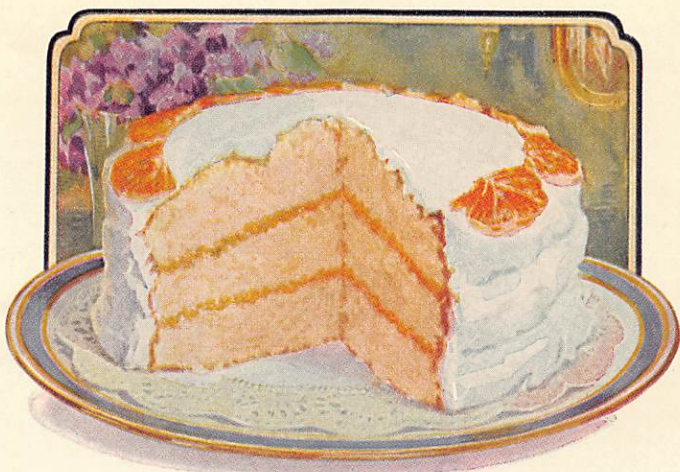
(MRS.) LENORE F. SMITH.

DATE TORTE

1 pound dates, chopped fine.	1½ teaspoons Dr. Price's
1 cup walnuts.	baking powder.
2 eggs, beaten.	1 cup sugar.
1½ tablespoons Swans Down flour.	

Pour in buttered tins and bake in a slow oven for 30 to 45 minutes. When cool, cut in squares. Serve with grated pineapple and whipped cream.

FLORENCE J. MORROW.



(See Recipe Other Side)

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ORANGE CAKE

$\frac{1}{2}$ cupful butter or substitute	3 teaspoonfuls baking powder
1 cupful sugar	2 eggs
2 cupfuls Swans Down Cake Flour	$\frac{2}{3}$ cupful milk
	1 teaspoonful flavoring

Sift flour once before measuring.

Cream shortening, add sugar gradually. Add beaten egg yolks and beat hard. Sift flour, measure, add baking powder and sift again. Add alternately with milk to first mixture. Add flavoring. Fold in stiffly beaten egg whites. Bake in 2 layers or double recipe for 3 large layers, in moderately hot oven (375° F.). Put together with Orange Filling, and cover with Boiled Icing.

ORANGE FILLING

1 cupful sugar	3 tablespoonfuls lemon juice
5 tablespoonfuls Swans Down Cake Flour	4 tablespoonfuls water
Grated rind 1 orange	1 egg slightly beaten
$\frac{1}{2}$ cupful orange juice	2 teaspoonfuls butter

Mix ingredients in order given. Cook ten minutes in double boiler, stirring constantly. Cool before spreading.

DELICIOUS ONE-EGG CAKE

$\frac{1}{4}$ cupful butter or substitute	$1\frac{1}{2}$ cupfuls Igleheart's Swans Down Cake Flour
$\frac{2}{3}$ cupful sugar	2 teaspoonfuls baking powder
1 egg, well beaten	$\frac{1}{2}$ teaspoonful vanilla
$\frac{1}{2}$ cupful milk	

Cream the shortening; add gradually the sugar, beating hard, then the egg; sift flour and baking powder together; add alternately with the milk, a little at a time. Add vanilla. Bake in a shallow pan in a moderate oven about 30 minutes (350-375° F.). Ice as desired.

MARBLE ANGEL FOOD

11 egg whites ($1\frac{1}{4}$ cupfuls)
$\frac{1}{4}$ teaspoonful salt
1 teaspoonful cream of tartar
1 $\frac{1}{4}$ cupfuls sugar (sifted)

WHITE PART

$\frac{1}{2}$ Cupful Swans Down Cake Flour
$\frac{1}{2}$ teaspoonful vanilla

DARK PART

2 tablespoonfuls cocoa
6 tablespoonfuls Swans Down Cake Flour
$\frac{1}{4}$ teaspoonful lemon extract

Add salt to egg whites and beat on a large platter until foamy, then add cream of tartar and beat until the whites are stiff but not dry. Fold the sugar in carefully, using one tablespoonful at a time. When all the sugar has been folded in, divide the egg mixture into two equal parts. To one part, fold in carefully $\frac{1}{2}$ teaspoonful vanilla and $\frac{1}{2}$ cupful Swans Down Cake Flour, which has been sifted four times. To the other part add the lemon extract, and the cocoa and 6 tablespoonfuls Swans Down Cake Flour which have been sifted together five times.

Put these two batters into Angel Food tin, alternating the white and dark. Bake one hour in a slow oven (275° to 325° F.).

HUCKLEBERRY CAKE

Beat 1 cup butter and 2 cups sugar until light, then add $\frac{1}{2}$ cup milk, 5 eggs beaten separately (the yolks to a cream, and the whites to a stiff froth), 1 teaspoon nutmeg, 1 teaspoon cinnamon and 2 teaspoons Dr. Price's baking powder rubbed into the flour. Rub one quart of huckleberries well with the flour and add them last, but do not mash them. Pour into buttered pans about 1 inch thick, dust the tops with sugar and bake. It is better the day after it is baked.

NINA OESTERLING.

CRUMB COFFEE CAKE

Sift 2 cups Swans Down flour and 2 teaspoons Dr. Price's baking powder in a dish. Add $1\frac{1}{2}$ cups sugar, $\frac{3}{4}$ cup butter and lard; Mix until like crumbs. Take out $\frac{3}{4}$ cup. Then add to the mixture in the bowl, 2 eggs and $\frac{3}{4}$ cup milk. Sprinkle remaining crumbs on top of cake in pan. Bake in a moderate oven.

PEARL GOSS.

WHITE CAKE

1 cup butter.	1 teaspoon almond extract.
2 cups sugar.	$\frac{3}{4}$ cup milk.
$3\frac{1}{2}$ cups Swans Down flour.	6 eggs (whites.)
3 teaspoons Dr. Price's baking powder.	

Beat shortening to a cream, adding sugar gradually; add almond extract, beat until smooth. Add alternately milk and flour which has been sifted three times with baking powder. Beat egg whites until they are very light and add to batter, folding in very lightly without beating. Bake in greased square loaf pan about $\frac{3}{4}$ of an hour. When cold, cut in squares and ice with cooked icing. Very delicious.

CAROLYN J. FLETCHER.

FOOD FOR THE GODS

1 pound English walnuts.	1 tablespoon cracker crumbs.
$\frac{3}{4}$ pound dates.	2 teaspoons Dr. Price's baking powder.
2 cups granulated sugar.	6 eggs.

Beat yolks of eggs, add sugar, then nuts cut fine. Mix baking powder with cracker crumbs, then add the finely cut dates. Add beaten whites of eggs and bake in moderate oven from 45 minutes to one hour. Cut in squares and serve with whipped cream. Will keep indefinitely. This amount will serve 24 helpings.

LEONA THAYER YUILL.

STRAWBERRY SHORT CAKE

2 cups Swans Down flour.

$\frac{1}{2}$ teaspoon salt.

$\frac{1}{3}$ cup butter.

4 teaspoons Dr. Price's baking powder.

1 tablespoon sugar.

$\frac{3}{4}$ cup milk.

Sift dry ingredients four times. Cut in butter, add milk gradually, mixing with a knife. Divide into two equal parts. Toss on a floured board and roll lightly to $\frac{3}{8}$ of an inch thick. Spread lower layer with a little melted butter and put on top layer. Put in floured pan and bake 20 minutes in a hot oven.

Stem and wash strawberries, sweeten one half the berries and crush with a fork. Put on one layer and place the other layer over it. Place rest of berries on top and sprinkle with powdered sugar.

MYRTLE THAYER.

WALNUT CAKE

$\frac{1}{2}$ cup butter.

1 cup sugar.

3 eggs.

$1\frac{3}{4}$ cups Swans Down flour.

$2\frac{1}{2}$ teaspoons Dr. Price's baking powder.

8 tablespoons milk.

$\frac{3}{4}$ cup walnuts.

$\frac{1}{8}$ teaspoon salt.

Cream butter, add sugar gradually and yolks of eggs well beaten. Mix and sift dry ingredients and add alternately with milk. Add nut meats cut in small pieces and beat thoroughly. Add whites of eggs beaten stiff. Bake 45 minutes in a moderate oven. Frost with white icing.

MRS. OLIVE ROLL.

PINEAPPLE FLOP

Butter a frying pan, add a lump of butter, 1 cup brown sugar and $\frac{1}{2}$ can sliced pineapple. Melt this all together on back of stove or medium warm place. Beat 3 eggs, 1 cup brown sugar, 3 tablespoons pineapple juice and 1 cup Swans Down flour with 1 teaspoon Dr. Price's baking powder. Pour on the pineapple and melted sugar and bake 35 minutes in slow oven. Invert at once on large platter and serve with whipped cream or a sauce made from the pineapple juice.

N. TODD.

CHARLOTTE RUSSE

1 pint whipping cream, $\frac{1}{4}$ cup powdered sugar, 1 teaspoon vanilla. Mix ingredients, have very cold and whip to a stiff froth. Line dish with lady fingers or sponge cake, fill with the cream and serve cold in footed sherberts.

CAROLYN J. FLETCHER.

GINGER CAKE—SOUTHERN STYLE

$\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup brown sugar, 2 eggs, 1 cup syrup, 1 level teaspoon soda dissolved in 1 cup boiling water, $\frac{1}{2}$ heaping teaspoon of ginger, allspice, cloves and cinnamon, $\frac{1}{2}$ teaspoon salt, 2 cups Swans Down flour. Bake in moderate oven 30 minutes.

CAROLYN J. FLETCHER.

REFRIGERATOR CAKE

$\frac{1}{2}$ pound unsalted butter, 2 cups sugar, 3 eggs (one beaten at a time), 1 orange (juice), 1 lemon (juice and rind), 30 lady fingers. Beat mixture fine and put in bowl lined with lady fingers. Keep in ice box, preferably over night. Delicious.

CAROLYN J. FLETCHER.

ORANGE TEA CAKES

3 eggs, $1\frac{1}{2}$ cups sugar, $\frac{1}{8}$ teaspoon salt, 1 tablespoon orange juice and 1 teaspoon grated orange peel, $1\frac{1}{2}$ cups Swans Down pastry flour, 1 teaspoon Dr. Price's baking powder, $\frac{1}{2}$ cup hot water. Mix like a sponge cake. Bake in muffin pans in a moderate oven for 30 minutes.

FLORENCE J. MORROW.

SOUTHERN CAKE

1 teaspoon soda, $\frac{3}{4}$ cup raisins, $\frac{3}{4}$ cup dates. Chop and put in a pan and pour 1 cup boiling water over raisins, dates and soda, let cool. Cream $\frac{1}{2}$ cup butter and $1\frac{1}{2}$ cups sugar. Beat 2 eggs with pinch of salt. Measure 2 cups of flour, then sift 5 times. Mix all ingredients and add 1 cup chopped walnuts. Bake in 2 layers in a moderate oven. Fill with butter. FLORENCE J. MORROW.

WASHINGTON PIE (Cake)

$\frac{1}{2}$ cup butter.

$\frac{1}{2}$ cup milk.

1 cup sugar.

$1\frac{3}{4}$ cups Swans Down flour.

2 eggs.

3 teaspoons Dr. Price's baking powder.

1 teaspoon vanilla.

CREAM FILLING

$\frac{3}{8}$ cup sugar.

2 cups milk.

$\frac{1}{2}$ teaspoon salt.

1 teaspoon vanilla.

2 eggs.

Cream butter and sugar, add egg well beaten. Mix and sift dry ingredients and add alternately with the milk to the first mixture. Bake in layers, in a buttered and floured tin, 20 minutes in a moderate oven. Put cream filling between layers and sprinkle powdered sugar on top.

MYRTLE THAYER.

THREE EGG ANGEL CAKE

1 cup sugar.	$\frac{1}{3}$ teaspoon salt.
1½ cups Swans Down flour.	3 teaspoons Dr. Price's bak-
$\frac{1}{2}$ teaspoons cream or tartar.	ing powder.
3 egg whites.	$\frac{2}{3}$ cup scalded milk.
Vanilla extract.	

Sift well flour, sugar, cream of tartar, salt and baking powder. Add milk very slowly, beating continuously. Then add egg whites, which have been beat very stiff. Bake in a very slow oven.

GLADYS WOHLFAHRT.

ORANGE LAYER CAKE

Take $\frac{1}{2}$ cup butter (creamed), and 2 cups sugar, add 5 egg yolks, beat up well together; add alternately with 1 cup sweet milk and 2 cups Swans Down flour, in which has been sifted 2 level teaspoons of Dr. Price's baking powder. Then add 1 teaspoonful of orange extract; mix into a smooth fine batter and fold in the stiffly beaten whites of eggs. Pour into a well greased layer cake tin and bake in a moderate oven.

MRS. CLAYTON BRIGGS.

BLACK WALNUT CAKE

1 cup sugar.	2 eggs, beaten separately.
$\frac{1}{2}$ cup shortening.	$\frac{1}{2}$ tablespoon salt.
1 cup Swans Down flour.	1 tablespoon cinnamon.
1 teaspoon Dr. Price's baking	$\frac{2}{3}$ cup black walnuts.
powder.	$\frac{1}{2}$ cup milk.

Cream shortening and sugar; add egg yolks beaten with milk. Sift flour, baking powder and cinnamon; mix with walnuts and add to first mixture. Fold in whites of eggs, beaten stiff, and bake in small bread pan in a moderate oven.

OLIVE ROLL.

CHOCOLATE CAKE

3 squares grated unsweetened chocolate, 2 tablespoons sugar, 1½ tablespoons milk, 4 tablespoons shortening, 1 cup sugar, 2 eggs, $\frac{2}{3}$ cup milk, 1½ cups flour, 2 teaspoons Dr. Price's baking powder, $\frac{1}{8}$ teaspoon salt. Cook slowly together until smooth, first 3 ingredients. Cream shortening; add sugar, beat well. Add yolks of eggs and beat again. Stir in chocolate mixture. Sift together flour, baking powder and salt and add alternately, a little at a time with the milk to first mixture. Fold in beaten egg whites. Bake in greased loaf pan in moderate oven (325 degrees) 50 to 60 minutes. Spread with icing.

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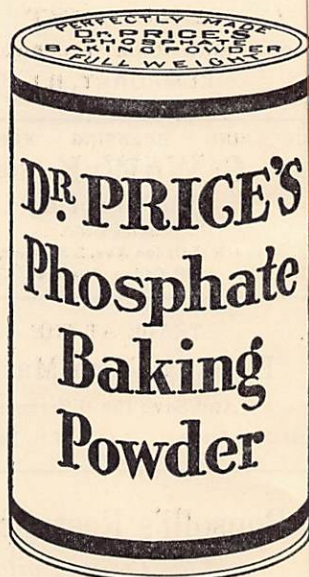
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PINEAPPLE FLOP

Use iron frying pan. Two tablespoons of butter melted, one cup brown sugar—do not caramelize. Cut diced pineapple into this, pour batter on top.

BATTER—Three egg yolks whipped well, add one cup sugar whipped well again, $\frac{1}{3}$ cup of water. Mix alternately with Swans Down pastry flour. One teaspoon Dr. Price's baking powder. Last add whites, whipped well; bake in a slow oven. Serve with whipped cream. When done, turn out—result, cake already finished.

MRS. CLAYTON BRIGGS.

JELLY ROLL

2 eggs, 1 cup sugar, grated rind of one lemon, 1 tablespoon melted shortening, $\frac{1}{3}$ cup hot water, 1 cup Swans Down flour, $1\frac{1}{2}$ teaspoons Dr. Price's baking powder, $\frac{1}{4}$ teaspoon salt, vanilla. Beat eggs until light, add sugar and lemon and beat again; add fat, flour and hot water, then fold into first mixture. Line pan with brown paper and bake 20 minutes in a slow oven.

FILLING—Fill with jelly or the following chocolate filling—2 tablespoons flour, 1 tablespoon corn starch, $\frac{1}{2}$ teaspoon salt, 2 cups milk, 1 teaspoon vanilla, $\frac{1}{2}$ cup sugar, 2 ounces chocolate. Sift the dry ingredients, add milk and cook 15 minutes in a double boiler. As soon as it begins to thicken, add chocolate cut in small pieces. Before spreading the filling, trim off the crusts of the cake, roll quickly and gently.

CORA DERBY.

FRUIT CAKE

1 cup butter, 1 cup molasses, 3 cups Swans Down flour, 5 eggs, 2 pounds raisins, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 cup sugar, 1 cup sweet milk, 1 grated nutmeg, 2 teaspoons Dr. Price's baking powder, 1 pound currants, 1 teaspoon allspice, candied orange, lemon and citron peel to taste. Bake slowly.

CORA DERBY.

CHERRY TORTE

$\frac{1}{2}$ cup butter and $\frac{1}{2}$ cup lard mixed, 4 tablespoons sugar, 1 teaspoon cinnamon, 2 egg yolks, 1 cup Swans Down flour, $\frac{1}{2}$ teaspoon Dr. Price's baking powder, 1 quart cherries and juice, $\frac{1}{4}$ cup blanched almonds. **CUSTARD**—4 egg yolks, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup cream. Cream shortening, add sugar then eggs. Sift flour, baking powder and spices. Make dough with cherries and juice. Add almonds. Cover with custard and bake 45 minutes. Serve with cream.

CORA DERBY.

ONE EGG GINGERBREAD

4 tablespoons shortening.	2 teaspoons ginger.
$\frac{1}{2}$ cup sugar.	1 teaspoon cinnamon.
1 egg.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{2}$ cup molasses.	$\frac{3}{4}$ cup sour milk.
$2\frac{1}{3}$ cups Swans Down flour.	1 teaspoon Dr. Price's bak-
1 teaspoon soda.	ing powder.

Cream shortening, add sugar then egg well beaten, and molasses. Sift flour, measure, add soda, ginger, cinnamon, salt and baking powder. Sift mixture several times, add slowly to first mixture alternating with the sour milk. Beat batter hard, and bake in a sheet.

NINA OESTERLING.

BESTEVER GINGER BREAD

$\frac{1}{2}$ cup melted butter, 1 cup sugar, $\frac{1}{2}$ cup molasses, 1 teaspoon soda stirred into $\frac{1}{2}$ cup boiling water, 1 teaspoon ginger, 1 teaspoon cinnamon, 2 cups Swans Down flour, $\frac{1}{2}$ cup cold water, 2 eggs well beaten stirred in last. Bake at 325 degrees for 1 hour.

MRS. DOROTHY S. WALL.

ICE BOX CAKE

Beat 1 cup butter and 1 cup sugar for 20 minutes. Add 4 eggs, one at a time, beating after each addition for 5 minutes, add $1\frac{1}{2}$ cakes sweet chocolate melted. Line pan with lady fingers or sponge cake, fill with the cream. Let stand over night on ice, or in a very cool place. About an hour before serving, cover with whipped cream.

CORA DERBY.

SOUR MILK CAKE

1 cup sugar.	2 tablespaons cocoa.
$\frac{1}{2}$ cup butter.	1 teaspoon cinnamon.
1 cup sour milk.	1 teaspoon Dr. Price's baking
1 teaspoon soda.	powder.
2 cups Swans Down flour.	

To creamed butter and sugar add the sour milk with soda dissolved in it. Sift dry ingredients together and add to other ingredients. Beat well and bake in a moderate oven.

CORA DERBY.

SOFT GINGER BREAD

$\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter, 1 cup molasses, $2\frac{1}{2}$ cups Swans Down flour, 1 teaspoon each cinnamon, ginger and cloves, 2 eggs, 1 teaspoon of soda in a cup of boiling water.

JESSIE M. GOULD.

POTATO PANCAKES

6 raw potatoes, grated.	1 teaspoon salt.
3 whole eggs.	2 tablespoons flour.
Pinch baking powder.	A little milk.
(Dr. Price's.)	

Peel large potatoes and soak several hours in cold water, grate, drain, and for every pint allow 2 eggs and 1 tablespoon flour, $\frac{1}{2}$ teaspoon salt, pepper and a little milk to make proper consistency. Beat eggs well and mix with rest of ingredients. Drop by spoonful on a hot buttered spider in small cakes. Turn brown on both sides or bake in a hot oven in one pancake until crisp and brown, allowing 15 minutes for baking each side. Serve with apple sauce.

DATE CAKE

$\frac{2}{3}$ cup butter.	2 teaspoons Dr. Price's baking Powder.
1 cup brown sugar.	1 teaspoon soda.
1 cup sour milk.	$1\frac{1}{2}$ teaspoons cinnamon.
$\frac{1}{2}$ cup molasses.	$\frac{1}{2}$ teaspoons cloves.
$2\frac{1}{2}$ cups Swans Down flour.	1 cup chopped dates.
2 eggs.	$\frac{1}{2}$ cup chopped walnuts.

Cream butter and sugar, add molasses, beaten eggs and sour milk. Mix and sift dry ingredients, add to the first mixture; add dates and nuts. Bake in two layers in a moderate oven for 25 minutes. Cover with maple frosting. ELSIE MCQUINN.

FARINA OR CREAM OF WHEAT CAKE

6 eggs beaten separately, $1\frac{1}{2}$ cups sugar, 1 cup cream of wheat, $\frac{3}{4}$ cup chopped nuts, $\frac{3}{4}$ cup bread crumbs, 1 teaspoon vanilla, 1 teaspoon Dr. Price's baking powder, 1 teaspoon salt. Bake in well greased, loose bottom tin. Serve with whipped cream and fruit.

GINGER BREAD CAKE

1 cup sugar.	Pinch of salt.
$\frac{1}{2}$ cup shortening.	1 egg.
1 cup molasses.	1 tablespoon ginger.
1 cup boiling water.	1 teaspoon cinnamon.
$2\frac{1}{2}$ cups Swans Down flour.	1 teaspoon soda.

Put sugar, shortening and egg in mixing bowl and cream. Add molasses, then put boiling water in cup to wrinse out cup. Sift dry ingredients then add to other mixture. Bake in muffin tins in hot oven 25 minutes. DORIS MAHOOD.

HARRISON FRUIT CAKE

1½ cups butter.	1 tablespoon each of allspice and cloves.
1½ cups sugar.	2 tablespoons each of cinna- mon and mace.
1½ cups molasses.	1 pound raisins.
1 cup milk.	1 pound currants.
6 cups Swans Down flour.	¼ pound citron.
3 eggs.	1 lemon.
1 teaspoon soda.	

Cream butter and sugar, add eggs; then add molasses, milk and flour (reserving a portion of flour for fruit). Mix together then add floured fruit, spices and lemon juice. Then add soda dissolved in tablespoon of hot water, last. Almonds and walnut meats may be added if so desired.

SPONGE CAKE

Sift together five times after measuring—1 cup Swans Down flour, 1 cup sugar, 3 heaping teaspoons Dr. Price's baking powder, then add scant cup of boiling hot milk. Last fold in whites of 2 eggs, bake in a quick oven in an ungreased pan. LILLIAN TABER.

NEVER FAIL CAKE

1 cup sugar, creamed with ⅓ cup butter, 1 whole egg and 1 egg yolk (use white in icing), 1 cup milk, 1¾ cups Swans Down flour sifted with 4 level teaspoons Dr. Price's baking powder, vanilla flavoring. Bake in two layers in 375 degree oven for twenty minutes. (MRS.) DOROTHY S. WALL.

SCRIPTURE CAKE

1 cup Judges 5:25, 3½ cups Exodus 29:2, 3 cups Jeremiah 6:20, 2 cups I Samuel 30:12, 1 cup Genesis 24:19, 1 cup Genesis 43:11, 6 Isiah 10:14, 1 tablespoon I Samuel 14:25, a pinch of Leviticus 2:13, 1 Kings 10:10 to taste, 1 Corinthians 5:6, 3 teaspoons Dr. Price's baking powder. MARY HERRINGTON.

QUICK SPONGE CAKE

4 eggs.	1 teaspoon Dr. Price's baking powder.
1 cup sugar.	Salt.
1 cup Swans Down flour.	
¼ cup cold water.	

Beat eggs and sugar ten minutes. Add flour, baking powder and salt sifted together. Then add cold water.

GLADYS WOHLFAHRT.

KRUMMEL TORTE

1 egg.	1 cup chopped nuts.
1 cup sugar.	1 cup chopped dates.
6 tablespoons moistened bread crumbs.	1 level teaspoon Dr. Price's baking powder.
	2 tablespoons milk.

Mix ingredients in their order. Bake in a moderate oven in a shallow pan 45 minutes. Cut into squares and serve with cream.

(MRS.) LENORE F. SMITH.

WHITE MOUNTAIN CAKE

$\frac{1}{2}$ cup butter.	1 cup milk.
2 cups sugar.	2 eggs.
$3\frac{1}{2}$ cups Swans Down flour.	2 teaspoons cream of tartar.
1 teaspoon soda.	

Beat all together without separating the eggs, put the soda in the milk and stir cream of tartar in the flour. Bake in layers.

SCHAUM TORTE OR SEA FOAM CAKE

6 egg whites beaten stiff, gradually add $1\frac{3}{4}$ cups sugar. Add 1 tablespoon vinegar, 1 teaspoon cream of tartar, 1 teaspoon vanilla. Bake in well greased spring form. Serve with pineapple and whipped cream.

APPLE SAUCE CAKE

Cream together 1 cup sugar and $\frac{1}{2}$ cup butter. Stir 1 teaspoon of baking soda in 1 cup sweetened applesauce and add to the sugar and butter. Add 1 teaspoon each of nutmeg, cloves and cinnamon; then add 1 cup of chopped nuts or raisins and 4 cups of Swans Down flour.

JESSIE M. GOULD.

CHRISTMAS CAKE

1 lb. Swans Down flour, 1 lb. light brown sugar, $\frac{3}{4}$ lb. butter, 2 lbs. white raisins, 1 lb. currants, $\frac{1}{4}$ lb. each, citron, lemon and orange peel, $\frac{1}{2}$ lb. candied cherries, $\frac{1}{2}$ lb. candied pineapple, $\frac{1}{2}$ lb. almonds, 1 teaspoon rosewater, 1 teaspoon orange extract, 1 teaspoon vanilla, 1 teaspoon ground nutmeg, 1 wine glass brandy, 10 eggs, $\frac{1}{2}$ teaspoon each cream of tartar and soda. Cream butter and sugar thoroughly, add egg yolks beaten until stiff and lemon color, flour, spices, and fruit and nuts which have been chopped, and last white of eggs. Add cream of tartar and soda, and bake slowly two hours.

VIOLET V. TROWBRIDGE.

NORTH DAKOTA CAKE

1 cup sugar.	1 teaspoon soda, dissolved in
1 cup nuts, cut.	1 cup boiling water.
1 cup dates, cut.	1 tablespoon butter.
1 egg, beaten.	2 cups Swans Down flour.
	1 teaspoon vanilla.

Mix salt, nuts and flour together. Put sugar, butter and dates (cut) into mixing bowl and pour in boiling water and soda. Then add the flour, nuts and salt, mix thoroughly, and add egg well beaten and flavoring. Bake in a slow oven for 50 minutes.

MYRTLE THAYER.

FUDGE CAKE

2 cups sugar.	1 rounded teaspoon Dr.
$\frac{2}{3}$ cup butter.	Price's baking powder.
3 eggs.	$\frac{1}{4}$ cup chocolate.
1 cup milk.	$\frac{1}{2}$ cup walnuts.
$2\frac{1}{2}$ cups Swans Down flour.	

Cream butter and sugar, add milk and flour. Stir in chocolate, add nuts and eggs, which have been beaten separately.

MRS. LOTTIE LARSEN.

APPLE SAUCE CAKE

Mix in order named— $\frac{1}{2}$ cup butter, 1 cup sugar, and 1 egg well beaten, creamed. $1\frac{1}{2}$ cups apple sauce, 4 tablespoons hot water, 2 cups all told of nuts, dates, raisins and cherries. Sift all these ingredients twice— $2\frac{1}{2}$ cups Swans Down flour, 1 teaspoon soda, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon salt.

MRS. LOTTIE LARSEN.

APPLE CAKE

Fill pastry lined pan with apples, pared, cored and cut in $\frac{1}{8}$'s. Sprinkle thickly with sugar and pour a few spoonfuls of water over them. Bake till apples are tender then spread over them halved marshmallows and return to oven to brown delicately. N. TODD.

SPONGE CAKE

$1\frac{1}{2}$ cups sugar, 3 eggs, 1 teaspoon vanilla, $\frac{1}{2}$ cup water, 2 cups Swans Down pastry flour, 2 teaspoons Dr. Price's baking powder. Beat eggs (together) until light, add sugar. Sift flour and baking powder together and add with the $\frac{1}{2}$ cup water. Can be baked in a sheet and cut in crescents or in a regular sponge cake pan or in layers.

P. G.

LAYER OR LOAF CAKE WITH YEAST SPONGE

1½ cups sugar, ⅔ cup butter, 2 eggs, 1 teacup light yeast, 2 teaspoons soda dissolved in ½ cup boiling water, 2 cups raisins, flour (Swans Down) to make stiff, ¼ teaspoon each cinnamon, spice and nutmeg.

N. TODD.

ALL AROUND CAKE RECIPE

2 eggs, 1 cup sugar, ¼ cup milk, 2 scant cups Swans Down flour with 2 teaspoons Dr. Price's baking powder. Put 1 tablespoon of butter and 1 of lard to melt the first thing, add last and beat hard for about 5 minutes. Stir the eggs into the sugar and add milk and flour alternately. This can be used as pineapple flop, cup cakes, or if baked on baking sheet, cut into fancy shapes and frosted, or cut with cookie cutter and heap whip cream on invert half a peach in center.

N. TODD.

CINNAMON CAKE

Take any simple cake recipe of which you are fond in which both whites and yolks are used, and for flavoring use a generous amount of powdered cinnamon. Bake either as loaf or layer, using powdered cinnamon to flavor the the icing. Even better after a day or two old.

NETTIE C. KEMER, Grand Sec'y.

SUNSHINE SPONGE CAKE

Whites of 7 eggs, yolks of 7 eggs, 1 cup sugar, 1 cup Swans Down flour (sifted then measured), ¼ teaspoon cream of tartar, ½ teaspoon each of orange, vanilla and rosewater. Beat yolks until thick and set aside. Add a pinch of salt and the cream of tartar to the whites and beat until stiff but not dry; add sugar, beat thoroughly then add flavoring and beaten yolks, beat lightly and carefully stir in the flour. Bake in tube pan in modern oven 40 to 50 minutes. Invert to cool.

VIOLET V. TROWBRIDGE.

ICE BOX CAKE

24 lady fingers.

2 eggs.

½ pound unsalted butter.

1½ lemons, juice and rind.

2 cups sugar.

1 orange, juice and rind.

Cream butter and sugar, add one egg at a time, beat and add juice and rind. Line pan with lady fingers, pour on mixture, add more lady fingers and mixture and continue until all is used. Place in refrigerator for 24 hours. Cut and serve with whipped cream.

FLORENCE MORROW.

GRAHAM CRACKER CAKE

1¼ cups sugar, 2 large tablespoons butter, 2 eggs well beaten, 1¼ cups sour milk, 1 level teaspoon soda, 36 graham crackers (rolled fine), ½ cup chopped nuts. Cream butter, and sugar, add eggs then mix soda in sour milk, add milk, crackers and nuts last.

N. TODD.

VERY DELICIOUS SPICE CAKE

1 cup sugar, ¼ cup butter, 2 eggs, 1½ cups Swans Down flour, 1 teaspoon Dr. Price's baking powder, ½ teaspoon each of spices, cloves, nutmeg, allspice and cinnamon, 1 cup milk.

CREAM FILLING—2 tablespoons sugar, 2 tablespoons flour, butter size of small egg, salt size of small nut, ½ cup boiling water. The milk and butter are boiled together, then the other four ingredients. Cook until thick and creamy. MRS. LOTTIE LARSEN.

DEVIL'S FOOD CAKE

CUSTARD PART—1 cup chocolate, ½ cup sweet milk, 1 cup light brown sugar, yolk of 1 egg, 1 teaspoon vanilla. Cook slowly and cool.

CAKE MIXTURE—1 cup sugar, ½ cup butter, 2 eggs, ½ cup sweet milk, 2 cups Swans Down flour. Cream butter and sugar, add eggs and beat; add flour and milk alternately. Next add custard and lastly add a teaspoon baking soda dissolved in a little hot water. Makes three layers.

JESSIE M. GOULD.

BURNT SUGAR CAKE (Very Good)

Beat together for 5 minutes the following—½ cup butter, 1½ cups sugar, 2 egg yolks (beaten to a cream), 1 cup water, 2 cups Swans Down flour. Add 3 teaspoons burnt sugar and 1 teaspoon vanilla, add another ½ cup flour sifted 3 times with 2 teaspoons Dr. Price's baking powder, the unbeaten egg whites.

FILLING—White of 1 egg, XXXX sugar to thicken, 1 teaspoon vanilla, 3 teaspoons cream, 2 teaspoons burnt sugar.

JESSIE M. GOULD.

POTATO CAKE (Ida Fink's Favorite)

2 cups sugar, 1 cup butter, 4 eggs, 1 cup mashed potatoes, 1 cup milk, ½ cup grated chocolate or ¼ cup cocoa, 2 heaping teaspoons Dr. Price's baking powder, 1 teaspoon each of nutmeg, cinnamon, cloves and allspice, 1 cup chopped walnuts. Mix same as any other cake, adding spices and nuts last. Bake in a deep square tin about 30 to 40 minutes.

MARBLE CAKE

LIGHT PART— $\frac{2}{3}$ cup sugar, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup sweet milk, 1 teaspoon Dr. Price's baking powder, $1\frac{1}{4}$ cups Swans Down flour, 2 egg whites. Mix sugar and butter well. Stir in milk, flour, baking powder and eggs, beaten light.

DARK PART—Take separate dish and mix the following: $\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ cup molasses, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup sour milk, 1 teaspoon Dr. Price's baking powder, $\frac{1}{2}$ teaspoon soda, $1\frac{1}{4}$ cups Swans Down flour, 1 teaspoon cloves, allspice, cinnamon and nutmeg, yolks of 2 eggs. Sift dry ingredients, cream sugar and butter, add molasses and eggs, then milk and dry ingredients. Put in buttered pan and drop big spoonful of light and then dark part alternately. Bake in moderate oven. ANNA R. THAYER.

BOILED FROSTING

2 cups sugar moistened with milk, boil until the soft ball stage. Cool until you can hold bottom of pan on hand, then beat until creamy. If a very soft filling is desired, add a little cream while beating. N. TODD.

LEMON FILLING FOR CAKES

1 cup sugar, grated rind and juice of 1 lemon, 1 whole egg beaten all together. Boil in double boiler until thick and jelly-like and spread on cake. FLORENCE MORROW.

ORANGE FILLING

$\frac{1}{2}$ cup sugar.	1 tablespoon lemon juice.
5 tablespoons Swans Down flour.	Grated rind 1 orange.
$\frac{1}{2}$ cup water.	1 egg.
$\frac{1}{4}$ cup orange juice.	1 teaspoon butter.

Mix together dry ingredients, add egg which has been slightly beaten, orange peel, water and fruit juices. Cook for 10 minutes in double boiler, remove from fire, add butter and spread when cool enough. MRS. CLAYTON BRIGGS.

BOILED ICING

2 cups granulated sugar.	2 egg whites.
$\frac{3}{4}$ cup water.	1 teaspoon almond extract.

Boil sugar and water without stirring until syrup spins a thread, pour very slowly over stiffly beaten egg whites, beat until smooth; add flavoring and 1 teaspoon Dr. Price's baking powder. Allow to stand a few minutes before spreading. C. J. F.

CAKE FILLINGS

1 cup milk, $\frac{1}{2}$ cup sugar, 1 teaspoon butter. Thicken with 1 teaspoon cornstarch, $\frac{1}{2}$ teaspoon vanilla; cocoanut or nuts may be added. Cook until thick.

1 large apple, $\frac{1}{2}$ cup sugar, $\frac{1}{3}$ cup raisins, thicken with 1 teaspoon cornstarch. When cooked add $\frac{1}{4}$ cup nuts.

AGNES J. NOREN.

LEMON JELLY FILLING

Beat well together 1 cup sugar, 2 tablespoons butter, 2 eggs, and the juice of 2 lemons. Boil until the consistency of jelly. Put on cake when cold. For orange jelly, use orange juice instead of lemon.

LEONA YUILL.

PEANUT BUTTER FROSTING

2 cups powdered sugar. 3 tablespoons peanut butter.

Cream to thin so it will spread. Stir until smooth.

GRACE AVARD.

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CREAMY BREAD PUDDING

- | | |
|--------------------------|------------------------------|
| 2 eggs. | 1 small glass jelly. |
| 2 cups milk. | Grated rind and juice |
| 2 tablespoons butter. | of 1 lemon. |
| $\frac{1}{3}$ cup sugar. | $\frac{1}{2}$ teaspoon salt. |

Separate egg, add lemon and sugar to egg yolk and stir until well mixed. Add to $2\frac{1}{2}$ cups soaked bread (drained) with butter. Mix, add milk, and mix again. Bake 45 to 50 minutes. When set, spread with jelly, cover with egg whites beaten stiff and 4 tablespoons sugar and $\frac{1}{2}$ teaspoon Dr. Price's baking powder. Brown slightly. CORA DERBY.

BREAD AND BUTTER PUDDING

Stale slices of bread buttered, 1 slice per person. 3 cups milk, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon cinnamon. Place bread in baking dish; beat egg with sugar and spice. Turn milk on gradually and stir until mixed. Pour over bread and bake 45 minutes. Sufficient for 6 persons, or 6 slices of bread. CORA DERBY.

CORN PUDDING

- | | |
|--------------------------|--|
| 1 can corn, chopped. | $\frac{1}{8}$ teaspoon pepper. |
| 2 eggs, slightly beaten. | $1\frac{1}{2}$ tablesp'ns melted butter. |
| 1 teaspoon salt. | 2 cups scalded milk. |

Mix in order given, turn into a buttered baking dish. Place in a pan of hot water and bake in moderate oven until firm.

LEONA THAYER YUILL.

STRAWBERRY SPONGE

- | | |
|--------------------------------------|---------------------------|
| $1\frac{1}{3}$ tablespoons gelatine. | 1 cup sugar. |
| $\frac{1}{3}$ cup cold water. | 1 tablespoon lemon juice. |
| $\frac{1}{3}$ cup boiling water. | 1 cup strawberry juice. |
| 2 bottles cream. | 3 egg whites. |

Soak gelatine ten minutes in cold water, add boiling water to dissolve, strain, add sugar, lemon and strawberry juice. Chill in a pan of cold water when quite thick, beat with a wire spoon until frothy, then add stiffly beaten egg whites, and fold in whipped cream. Line a mold with thin slices of strawberries, turn in mixture, and chill. LEONA YUILL.

SPANISH CREAM

2 tablespoons granulated gelatine.	3 cups milk.
3 egg yolks.	3 egg whites.
½ cup sugar.	¼ teaspoon salt.
	1 teaspoon vanilla.

Soak gelatine in ½ cup milk. Scald remaining milk. Beat eggs light, add sugar and salt. Pour scalded milk over mixture, return to double boiler and cook until it forms a custard. Remove from fire and add stiff gelatine. Beat egg whites until stiff. Add flavoring and fold into custard mixture. Turn into molds.

CORA DERBY.

PINEAPPLE SUPREME

One can of pineapple, cubed and drained; one package of marshmallows cut; one half pound of macaroons, cut. Mix above with whipped cream and top with whipped cream, serve with a cherry on top.

VIOLET V. TROWBRIDGE.

RASPBERRY SPONGE

⅔ tablespoon gelatine.	½ tablespoon lemon juice.
3 tablespoons cold water.	½ cup canned raspberry
3 tablespoons boiling water.	juice and pulp.
2 egg whites.	2 cups cream.
½ cup sugar.	

Soak gelatine in cold water 5 minutes, add boiling water, and strain; add sugar, lemon juice, raspberry pulp and juice. Chill in pan of cold water; when quite thick beat with wire spoon until frothy, then add the stiffly beaten egg whites. Then fold in whipped cream. Turn into a wet mold and chill.

LEONA YUILL.

APRICOT CUSTARD

Drain from the juice thoroughly 1 cupful of soaked and stewed apricots. Rub through a sieve and add 1 cup sugar, ¼ cup orange juice. Cook them until slightly thickened or about 5 minutes. Fold into the whites of 4 eggs, stiffly beaten; pour into a well greased baking dish and bake for 20 minutes in a medium oven. Serve with cream.

LILLIAN TABER.

UNCOOKED DATE PUDDING

1 package graham crackers, 1 package dates, ¼ pound nut meats. Put all through a food chopper, then moisten with enough milk to handle. Shape into roll, wrap in waxed paper and let stand over night.

DORIS MAHOOD.

BROWN BETTY PUDDING

- | | |
|----------------------------|----------------------------|
| ½ cup syrup. | ½ cup sugar. |
| ½ cup cold water. | ½ teaspoon mace or nutmeg. |
| 1 tablespoon lemon juice. | 1 teaspoon cinnamon. |
| 4 slices dry bread, diced. | ⅓ cup butter. |
| 3 apples pared and sliced. | |

Melt butter, pour over bread and apples; sprinkle over dry ingredients. Pour syrup, water and lemon juice, mixed, over all. Bake in moderate oven 45 minutes to one hour. GRACE AVARD.

SAUCE FOR BROWN BETTY

- | | |
|----------------------|------------------------|
| 1 tablespoon butter. | 1½ cups boiling water. |
| 1 tablespoon flour. | 1 cup brown sugar. |
| 1 teaspoon vanilla. | |

Melt butter, blend in flour, add boiling water and sugar; boil 2 or 3 minutes, add flavoring and serve hot. GRACE AVARD.

PINEAPPLE PUDDING

Fix in morning and let stand in ice box. Line pie tin with macaroons and put over one can of grated pineapple, sweetened (pour off ½ of juice.) Bake in oven ½ to ¾ of an hour. Serve with whipped cream. (MRS.) LENORE F. SMITH.

APRICOT SURPRISE

- | | |
|--------------------------------|----------------------|
| 2 tablespoons gelatine, soaked | 1 can apricots. |
| in 4 tablespoons water. | Juice 1 orange. |
| 1 cup boiling water. | Whipped cream. |
| 4 egg whites. | Maraschino cherries. |
| 1 cup sugar. | Ground nut meats. |

Cover gelatine with boiling water and let cool. Beat the egg whites very stiff and continue beating while adding one cup of sugar and the cooled gelatine. When the mixture begins to stiffen, add the juice and fruit of 1 can of apricots, put through a sieve, and the juice of 1 orange. Mold and serve with whipped cream garnished with maraschino cherries and ground nut meats.

MAPLE NUT BAVARIAN CREAM

2½ tablespoons gelatine soaked in 5 tablespoons cold water; 1 cup maple syrup boiled. Beat 2 egg yolks with 1 teaspoonful of water. Pour boiling syrup over eggs, add soaked gelatine, and boil a few minutes; cool and beat while cooling. When starting to thicken, add the beaten egg whites, 2 bottles of whipped cream, and 2 cups chopped nuts. Set in molds to cool.

GRAPE NUT PUDDING

$\frac{1}{2}$ cup sugar, pinch of salt, 2 cups cold milk, $\frac{1}{4}$ teaspoon nutmeg, $\frac{1}{2}$ cup grape nuts. Soak grape nuts in hot water to cover for $\frac{1}{2}$ hour. Beat eggs and sugar; add milk, grape nuts and nutmeg. Pour in buttered baking dish and bake in moderate oven until mixture thickens. Serve plain or with cream.

ESTHER C. NORDSTROM.

"SWEDISH" PUDDING

1 pound walnuts (chopped fine), $\frac{1}{2}$ pound chopped dates, 6 eggs (beaten separately), $\frac{1}{2}$ pound sugar, $\frac{1}{2}$ teaspoon baking powder (Dr. Price's), 3 tablespoons cracker crumbs. Mix baking powder with cracker crumbs, and put whites of eggs in last. Bake 35 minutes in moderate oven. Bake in square tins and break into small pieces soon after it is removed from oven. Crumble with fork. Serve with whipped cream.

ESTHER NORDSTROM.

DELICIOUS PUDDING

1 cup English walnuts.	1 egg.
1 cup dates.	1 tablespoon butter.
1 cup sugar.	1 teaspoon Dr. Price's baking powder.
1 pint bread crumbs.	
1 cup milk.	Pinch of salt.

Bake in moderate oven. Serve with whipped cream or sauce.
P. G.

VANILLA WAFER OR LADY FINGER PUDDING

Line a baking tin with vanilla cookies. Slice bananas over cookies and pour a custard over this. Put above in as many layers as needed and pour over the top the beaten whites of eggs.

CUSTARD— $\frac{1}{2}$ cup sugar, 1 cup milk, yolks of 2 eggs and $\frac{1}{2}$ tablespoon corn-starch.

ESTHER C. NORDSTROM.

SPANISH CREAMS

1 pint milk.	1 teaspoon vanilla.
$\frac{1}{2}$ cup sugar.	1 package Knox gelatine.
2 eggs.	

Dissolve gelatine in milk, put in double boiler and bring milk to the boiling point; add the beaten egg yolks and sugar. Fold in the beaten whites; pour into molds. Serve with whipped cream and crushed strawberries or red raspberries.

ELSIE McQUINN.

CINNAMON APPLES

Make a syrup of 1 cup of sugar to $\frac{1}{4}$ cup of water, then dissolve a tablespoon of little red cinnamon candies in the syrup. Keep it on the stove and by the time they are dissolved your syrup will be real thick.

Pare and take out the cores of apples, but have them whole and drop on a shallow pan, so all apples will be on the bottom. Turn them over and around in the syrup until all cooked, then dish and pour on the rest of the syrup. Serve hot or cold with cream.

APPLE CUSTARD

3 eggs.

1 cup sugar.

3 cups milk.

Grated rind of 1 orange.

2 cups sliced apple.

Beat eggs and add the rest of the ingredients. Mix well and set in a dish of hot water in a hot oven. Cook until custard is firm. Serve with or without whipped cream. This makes a splendid filling for pie, if just one-half the above formula is used, and placed in an open pie crust.

CORA DERBY.

CRANBERRY ICE

Boil 1 quart of cranberries in $\frac{1}{2}$ gallon of water, strain. Add enough water to make $\frac{1}{2}$ gallon of juice. Add juice of 3 or 4 lemons, $2\frac{1}{2}$ or 3 cups of sugar. Freeze. When half frozen add 1 cup of cream and whites of 2 eggs. Serve with meat course.

LEONA THAYER YUILL.

LEMON ICE

4 cups water.

$\frac{3}{4}$ cup lemon juice.

2 cups sugar.

Make a syrup by boiling water and sugar twenty minutes, cool; add lemon juice. Strain and freeze.

LEONA YUILL.

CRANBERRY SALAD

1 quart cranberries.

$3\frac{1}{2}$ cups boiling water.

2 cups sugar.

2 tablespoons gelatine.

1 cup cold water.

1 cup nut meats, chopped.

1 cup diced pineapple.

1 cup grapes.

Cook cranberries in boiling water, put through strainer and add sugar. Dissolve gelatine in cold water and add to first mixture, let stand until cool and add nut meats, pineapple and grapes. Mold, chill and serve on lettuce leaf with mayonnaise.

CHERRY TAPIOCA

1 pint canned cherries, 1 cup water, $\frac{1}{2}$ cup sugar, $\frac{1}{3}$ cup minute tapioca, 4 slices orange with the peel on. Cook about 15 minutes.

AGNES J. NOREN.

WINE JELLY

1 envelope gelatine.	1 cup home-made wine.
$\frac{1}{2}$ cup cold water.	$\frac{1}{3}$ cup orange juice.
$1\frac{2}{3}$ cups boiling water.	3 tablespoons lemon juice.
1 cup sugar.	

Soak gelatine in cold water 5 minutes and dissolve in boiling water. Add sugar, wine and fruit juices. Strain into wet mold and chill. Grape juice may be used instead of wine.

N. TODD.

CRANBERRY POT PIE

Sprinkle two cups of cranberries with one cup of sugar and put aside. Make biscuit dough and shape in a large ring to fit top of double boiler. Place sprinkled berries in bottom of double boiler, cover with pastry rings and next with an equal amount of berries sprinkled with sugar. Pour one pint of boiling water into the center, cover tightly and steam $1\frac{1}{2}$ hours. Serve hot.

VIOLET V. TROWBRIDGE.

SUET PUDDING

2 cups beef suet put through food chopper. 1 cup raisins, 1 cup sugar, 1 or 2 eggs, 1 cup milk, a pinch of salt, 4 teaspoons Dr. Price's baking powder, and flour enough to make a stiff batter. Steam two hours.

PRUNE AND NUT SOUFFLE

Soak $\frac{1}{2}$ pound prunes, in	$1\frac{1}{3}$ cups water.
2 cups cold water.	$\frac{1}{2}$ cup nuts, chopped.
1 cup sugar.	2 egg whites, beaten.
2 yolks of eggs.	$\frac{1}{3}$ cup corn starch.
$\frac{1}{2}$ teaspoon cinnamon.	1 teaspoon lemon juice.
$\frac{1}{2}$ teaspoon Dr. Price's baking powder.	

Soak prunes over night. Cook in same water, remove prunes and take out stones, put back in liquid; add water, corn starch, eggs (whites and yolks), lemon juice and sugar; stir well. Bake 45 minutes in moderate oven.

FLORENCE MORROW.

BREAD AND BUTTER PUDDING

Take slice of stale bread, butter very generously, place in large spider or pan in which you bake bread or biscuits, and pour over it a rich custard (as for custard pie), and bake in a brisk oven. Use any flavoring desired. NETTIE C. KENNER, Grand Sec'y.

BIRD'S NEST PUDDING

6 apples.	$\frac{1}{4}$ teaspoon nutmeg.
$1\frac{1}{4}$ cups sugar.	$2\frac{1}{2}$ cups boiling water.
4 cups milk.	5 eggs.
$\frac{1}{2}$ teaspoon salt.	Jelly.

Combine water and $\frac{1}{2}$ cup sugar in saucepan, and boil 10 minutes. Pare and core apples, cook them in syrup, turning frequently until tender. Remove apples and drain well; arrange in baking dish that holds two quarts. Beat eggs until light, add salt and remaining sugar. Beat well and add milk; strain mixture, pour over apples, and bake in 325 degree oven for 45 minutes. Chill thoroughly and just before serving, put $\frac{1}{2}$ teaspoon of jelly in the center of each apple. CORA DERBY.

APPLE BUTTER PUDDING

4 large apples, pared and sliced.	1 teaspoon Dr. Price's baking powder.
1 cup sugar.	Pinch of salt.
2 eggs.	$\frac{1}{2}$ cup scant boiling water.
1 cup flour.	(Put in last.)

Beat the eggs and sugar until light and creamy, then add flour and baking powder sifted together; mix and put in hot water. Put layer of apples in pudding dish, sprinkle with sugar and bits of butter, then a layer of batter, then another layer of apples, sugar and butter, and a layer of batter on top. Bake in a moderate oven 1 hour or until cooked in the center. Test by putting a fork in the center of pudding—let bake if still doughy. Serve with sweetened cream or any desired sauce.

CARROT PUDDING

1 cup grated potatoes, 1 cup grated carrot, 1 cup brown sugar, butter size of egg, 1 teaspoon each cinnamon and nutmeg, $\frac{1}{2}$ teaspoon each allspice and cloves, 1 cup raisins and 1 cup currants (or all raisins), 1 teaspoon soda, 2 cups flour. Steam or boil for three hours. Serve with sauce. Good substitute for plum pudding only not so rich.

GRAHAM CRACKER PUDDING

1 cup sugar, 1 cup milk, 2 cups graham crackers (rolled fine), 1 cup nut meats, 2 teaspoons Dr. Price's baking powder, $\frac{1}{2}$ cup melted butter, 2 eggs, 2 tablespoons flour. Mix all dry ingredients and add to the wet, bake 25 or 35 minutes and serve with whipped cream.

LYNETTE HERRINGTON.

APPLE PUDDING

Butter a baking dish and slice 4 apples into it. Pour over a batter made of $\frac{1}{2}$ cup sugar, 1 egg, $\frac{1}{2}$ cup milk, 1 tablespoon each of melted butter and lard, 1 cup flour sifted with 2 teaspoons Dr. Price's baking powder. Pour in shortening last and beat well. Bake 20 minutes and serve with cream and sugar. N. TODD.

LEMON SHERBERT

2 cups water.

2 teaspoons gelatine.

$\frac{3}{4}$ cup sugar.

6 tablespoons lemon juice.

Grated rind of one lemon.

White of one egg.

Boil the sugar and water together with the grated rind for ten minutes. Add the gelatine which has been soaked in cold water and chill. Mix with the lemon juice, pour into Frigidaire pan and allow to freeze for three-quarters of an hour. Remove to a chilled bowl and beat thoroughly with an egg beater before combining with the egg white which has been beaten until stiff. Three times, at half hours intervals, remove the drawer and beat the mixture, stirring from the back of the drawer to the front. The total time for freezing, including the time allowed for the gelatine to stiffen before the egg was added, is from $3\frac{1}{2}$ to 4 hours.

Orange sherbert may be made in the same manner or a combination of the two flavors may be used. To avoid having the sherbet crystallize, the proportion of liquid and the gelatine should be kept and the method followed carefully.

ORANGE ICE

1 cup sugar.

4 tablespoons lemon juice.

2 cups water.

1 teaspoon gelatine.

2 cups orange juice.

1 tablespoon cold water.

Add sugar to boiling water, stir until dissolved and boil for five minutes. Add gelatine softened in cold water and the strained fruit juices. Put in tray of Frigidaire and freeze, stirring frequently during the process. When almost frozen turn into a bowl and beat with an egg beater. Return to Frigidaire tray to finish freezing. Recipe makes eight servings.

MILK LEMON SHERBET

Juice of three lemons.

1½ cups of sugar.

1 quart milk.

Whites of two eggs.

2 level teaspoons of minute
gelatine.

The gelatine and sugar to be mixed together, and then a small quantity of boiling water to dissolve the sugar and gelatine. When cool, add the lemon juice, and put in Frigidaire tray until thoroughly chilled, and then mix milk with this mixture. Then put into two of the drawers, which will make about 1½ to 1¾ quarts when frozen.

Stir each lot three or four times before it thickens up, and when it is hard enough so that it can be beaten with an egg beater, or better still, an electric egg beater, turn the mixture into a chilled bowl and beat the whites of two eggs in, and put back to freeze, stirring same once more before it gets too hard to stir with a spoon. This will take between five and six hours to freeze.

APRICOT SHERBET

One quart can of apricots should make the following:

1½ cups juice and water.

⅓ cup sugar.

3 egg whites.

2 teaspoons gelatine.

Almond extract (optional).

1½ cups apricot pulp.

Juice one lemon.

⅔ cup heavy cream.

3 tablespoons cold water.

Add enough water to apricot juice to make 1½ cups liquid. Add sugar, and heat. Put apricots through sieve. Soak gelatine in cold water. Add to hot juice and dissolve. Strain and add fruit pulp and lemon juice. Let cool till it thickens like jelly. Can be set in tray in Frigidaire. Beat this mixture with Dover egg beater till foamy. Whip egg whites and cream. Fold egg whites and cream into fruit mixture. Mix well but do not beat or stir hard. Freeze.

ORANGE SHERBET

1½ cups orange juice.

Grated rind of one orange.

Juice of ½ lemon.

2 egg whites.

½ cup heavy cream.

½ cup water.

2 teaspoons gelatine.

½ cup sugar.

3 tablespoons cold water.

Boil water and sugar. Soak gelatine in cold water and dissolve in hot sugar syrup. Add orange rind and lemon juice. Let cool till it thickens like jelly. Can be set in tray in Frigidaire. Beat until foamy, whip egg whites and cream and fold into fruit mixture. Mix well but do not beat or stir hard. Freeze.

LEMON SAUCES

No. 1—Juice of one lemon, 1 tablespoon corn starch, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ tablespoon butter, 1 cup water. Mix corn starch, salt, sugar and grated lemon rind; add boiling water slowly, stirring constantly; mix in lemon juice and butter.

No. 2— $\frac{1}{3}$ cup butter and 2 tablespoons lemon juice. Cream butter and add lemon juice, slowly. LEONA YUILL.

CHOCOLATE SYRUP

Shave 3 tablespoons of chocolate into a saucepan and pour over it gradually 1 cup of boiling water, stirring all the time. Stir over fire until chocolate is dissolved, add 2 cups granulated sugar and stir until it begins to boil. Cook 3 minutes, strain and cool; add 1 teaspoon vanilla extract. Bottle and keep in a cool place. Use for ice cream or drinks. P. G.

CHOCOLATE SAUCE

1 $\frac{1}{2}$ cups water.	Few grains salt.
$\frac{1}{2}$ cup sugar.	$\frac{1}{2}$ teaspoon vanilla.
6 tablespoons grated chocolate.	$\frac{1}{2}$ cup cold water.
1 tablespoon arrow root or $\frac{1}{4}$ tablespoon flour.	

Boil water and sugar 5 minutes; mix chocolate with arrow root, to which water has been added. Combine mixtures, add salt and boil 3 minutes. Flavor with vanilla and serve hot.

LEONA THAYER YUILL.

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SALADS AND DRESSINGS

PINEAPPLE SALAD

$\frac{1}{2}$ cup cream.	2 cups pineapple cubes.
$\frac{1}{2}$ cup mayonnaise.	$\frac{1}{4}$ cup chopped preserved ginger.
3 teaspoons lemon juice.	
$\frac{3}{4}$ teaspoon salt.	1 tablespoon ginger syrup.

Whip the cream until stiff, add mayonnaise, lemon juice and salt (the amount of the seasoning may be varied to suit the individual taste). For the pineapple cubes use canned sliced pineapple. Add them together with the ginger and syrup to the mixture. Let stand in the Frigidaire tray two or three hours, until thoroughly chilled, but not frozen hard. Serve on lettuce. Recipe makes eight servings.

CHILLED CHEESE SALAD

5 cream cheeses.	$\frac{1}{2}$ cup mayonnaise.
2 green peppers.	$\frac{1}{2}$ cup cream.
1 small can pimento.	$1\frac{1}{2}$ teaspoons salt.
$\frac{1}{4}$ teaspoon paprika.	Celery salt and mustard to taste.
$1\frac{1}{2}$ teaspoons vinegar.	

Cream the cheese and add the peppers and pimentos which have been put through a meat chopper. Blend with the cheese, add the mayonnaise and seasonings and lastly the whipped cream. If the vinegar is very strong, less will be needed; and if the mayonnaise is very highly seasoned the mustard and celery salt will not be needed at all. This is a very pretty salad which will serve eighteen to twenty-four persons. It may be frozen in from three and a half to four hours.

FROZEN FRUIT SALAD

1 orange.	12 maraschino cherries.
1 banana.	$\frac{1}{2}$ cup French dressing.
$\frac{3}{4}$ cup white grapes.	$\frac{3}{4}$ cup mayonnaise.
2 slices pineapple.	1 cup cream.

Free orange from all skin and rind, cut the banana in thin slices, seed and peel the grapes, cut the pineapple fine, and halve the cherries. Combine the fruits and marinate with the French dressing for two hours. Mix the highly seasoned mayonnaise with the whipped cream and add the fruit. Put in tray of Frigidaire and freeze. Recipe makes twelve servings.

FROZEN FRUIT SALAD

$\frac{1}{2}$ cup of grape fruit.	1 cup white cherries.
Pulp of one orange.	1 cup mayonnaise.
1 cup canned pineapple.	$\frac{1}{2}$ cup cream (whipped).

Remove the pulp from the orange and grape fruit, discarding all membrane, and stone the canned cherries. Cut all of the fruit into small cubes and mix with a highly seasoned mayonnaise; whip the cream and fold lightly into the mixture. This may be poured into one of the Frigidaire pans or may be packed into cocoa tins, covered tightly with a cloth under the tin cover, and placed in the freezing pan for about four hours. The latter method provides uniform portions. When served on lettuce with a small mound of mayonnaise on top this is an exceptionally pretty dish, which will serve six to eight persons and is a salad and dessert in one. Do not allow this to remain in the box too long, as the fruit becomes very hard and icy.

FROZEN SALAD

Take two packages Philadelphia cream cheese, whip one-half pint whipping cream, add three tablespoons mayonnaise. Mix thoroughly with cheese, then add three slices pineapple cut in small pieces and one cup white cherries, seeded. Put in tray. Chill for two hours. Serve on lettuce—with sweet French dressing.

JELLIED VEGETABLE SALAD

2 tablespoons gelatine.	1 teaspoon salt.
$\frac{1}{2}$ cup cold water.	$\frac{1}{2}$ cup sugar.
$\frac{1}{2}$ cup vinegar.	2 cups celery.
2 cups boiling water.	1 cup cabbage.

Green or red peppers.

Soak gelatine in cold water for 5 minutes. Add vinegar, boiling water, sugar and salt. Cool and add vegetables cut very fine. Serve on lettuce with mayonnaise. GLADYS WOHLFAHRT.

FRUIT SALAD

$\frac{1}{2}$ dozen apples.	2 boxes marshmallows.
1 can pineapple.	30c almonds.

Blanch almonds, skin and roast. Combine pineapple and marshmallows cut fine. Soak for 2 or 3 hours. Add apples and almonds diced and cover with dressing. GLADYS WOHLFAHRT.

CABBAGE SALAD

Cut up fine 1 small head cabbage, 1 cup diced celery, 1 onion sliced thin, 1 green pepper sliced thin; add salt and sugar to taste. Then mix together with mayonnaise dressing.

GRAPE FRUIT SALAD

Take lemon Jello and dissolve in usual manner. Pour into Frigidaire tray and when partly set add pieces of grape fruit. When ready to serve, cut in cubes and put on lettuce leaves with salad dressing.

SALAD

1 or 2 leaves of fresh crisp lettuce, a thick slice of pineapple, a thin slice of sweet Spanish onion, and mayonnaise, with a bit of cottage cheese atop.

LILLIAN TABER.

COTTAGE CHEESE SALAD

Work into 2 cups of fresh cottage cheese, $\frac{1}{2}$ teaspoon onion juice, 1 tablespoon finely chopped green pepper, 1 tablespoon finely chopped parsley, 1 tablespoon finely chopped pimentos and enough thick sweet cream to make a stiff paste. Pack into a mold and chill on the ice. Slice and serve on crisp heart lettuce leaves with mayonnaise dressing.

LILLIAN TABER.

CHICKEN SALAD

3 cups cold cubed chicken, 1 cup celery cut small, 2 hard boiled eggs, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, $1\frac{1}{2}$ teaspoons mayonnaise, $\frac{1}{3}$ cup chopped pecans. A few chopped olives and capers improve this.

CAROLYN J. FLETCHER.

LOBSTER SALAD

1 can lobster shredded, 1 cup celery cut small, 2 hard boiled eggs cut small, salt to taste, 6 olives and a few capers. Mix well with French dressing and serve cold on lettuce leaves.

CARLOYN J. FLETCHER.

PEAR SALAD

1 can pears from which syrup has been drained or fresh pears cut into halves, and cores removed. Place on lettuce leaves, fill hollows with seasoned cream cheese balls. Garnish with strips of pimento or green peppers and paprika. Serve cold with mayonnaise.

CAROLYN J. FLETCHER.

TOMATO SALAD

1 pint strained tomato, $\frac{1}{2}$ teaspoon onion juice, $\frac{1}{2}$ box lemon Jello dissolved in 1 cup boiling water, salt and pepper to taste. Set in cups or molds to harden; serve on lettuce leaves with mayonnaise dressing.

CAROLYN J. FLETCHER.

PEACH SURPRISE (SALAD)

1 can peaches (halves), celery cut fine, nuts cut fine, pineapple (grated). Place a half peach on lettuce leaf with center cut out (use it in mixture). Mix other ingredients together with mayonnaise. Fill half peach, cover with another half. Pour mayonnaise or whipped cream over all.

(MRS.) LENORE SMITH.

CABBAGE AND PEANUT SALAD

3 cups finely shredded cabbage, $\frac{3}{4}$ cup salted peanuts, $\frac{3}{4}$ cup boiled dressing. Cover the finely shredded cabbage with cold water and set in the refrigerator for one hour. Drain and dry thoroughly between towels. Mix with the boiled dressing or mayonnaise if preferred, add the salted peanuts, chopped, and serve very cold.

LILLIAN TABER.

VEGETABLE SALAD

Such vegetables as beets, beans, red cabbage, peas, asparagus tips and carrots mixed with mayonnaise on lettuce leaves is excellent.

CAROLYN J. FLETCHER.

SALAD DELUXE

1 cup shredded cabbage, $\frac{1}{2}$ cup diced pineapple, $\frac{1}{2}$ cup chopped celery, 1 green pepper, $\frac{1}{4}$ teaspoon celery seed, $\frac{1}{4}$ teaspoon mustard seed, $\frac{1}{4}$ teaspoon salt, 3 tablespoons pineapple juice. Mix all ingredients and chill. Just before serving, add dressing: $\frac{1}{2}$ cup mayonnaise, $\frac{1}{2}$ cup whipped cream, 2 tablespoons chili sauce or catsup. Serve on lettuce leaves.

ELSIE MCQUINN.

LETTUCE—CLUB STYLE

$\frac{1}{2}$ cupful mayonnaise dressing (stiff), 2 tablespoons chili sauce, 2 hard cooked eggs (chopped), crescents of hot toasted buttered bread, 1 solid head lettuce. Beat the chili sauce into the mayonnaise, wash the lettuce, dry, arrange in the shape of a head on a large platter or in a bowl. Pour the dressing in and around the leaves; sprinkle with the eggs, chopped fine, and garnish with the hot oast.

LILLIAN TABER.

STUFFED CELERY

Everyone is familiar with the appetizing relish of celery stuffed with pimento or cream cheese, but you will find an equally delicious stuffing in a good rich peanut butter. The flavor of crisp, fresh celery combined with rich peanut butter is a pleasant surprise to all who try it.

LILLIAN TABER.

KIDNEY BEAN SALAD

1 can red kidney beans (drained); 1 cup sweet pickles, cut small; 1 cup celery, cut small; 1 cup onions, cut small.

DRESSING—Beat 1 egg, add $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup vinegar. Cook until thick and pour over salad; let all get ice cold and serve.

GERMAN POTATO SALAD

1 quart boiled potatoes, diced; 1 onion, cut fine; 4 slices bacon, cut fine and fried brown; $\frac{1}{3}$ cup vinegar; 2 tablespoons sugar; $\frac{1}{4}$ teaspoon salt. Remove bacon from fat, add vinegar, sugar and salt, let come to a boil. Pour over potatoes, to which bacon and onion has been added. Serve hot or cold.

PRUNE SALAD

Soak prunes over night, remove pits and cut in small pieces with scissors, adding diced celery and walnut meats. Mix together with mayonnaise dressing.

LILLIAN TABER.

BUTTERFLY SALAD

DRESSING—Juice of 1 can of pineapple, 1 tablespoon flour, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter, 2 eggs. Heat the pineapple juice and add the butter. Mix sugar, flour and well beaten eggs, then add to the pineapple juice. Boil until thick, mix with whipped cream just before serving.

Cut the pineapple slices in half, placing the rounded parts together to form the wings, use dates for the body, a thin strip of candied orange peel for the antennae and strawberries or cherries for spots on the wings. Place the dressing on the table in a dish to be used as desired.

CORA DERBY.

POTATO SALAD

DRESSING—1 egg, 1 tablespoon sugar, 1 cup vinegar, 1 teaspoon butter. Cook until thick, pour over potatoes while hot, and sprinkle with celery seed.

CORA DERBY.

BRIDAL SALAD

PART 1—1 quart shaved cabbage, soak in cold water one hour then press dry; 1 can pineapple, cut in small pieces; 1 cup almonds; 2 cups marshmallows, cut in small pieces, and do not add until ready to serve.

PART 2—DRESSING. Whites of 4 eggs beaten light, add $\frac{1}{2}$ cup sugar; 1 scant tablespoon flour; juice of 3 lemons. Cook in double boiler until like cream, when cool mix with part one.

MRS. EVA HOLLAND HAMILTON,
Past Worthy Grand Matron 1926.

UNCOOKED SALAD DRESSING

Beat 2 whole eggs with a pinch of salt, empty contents of 1 can Borden's or Star Brand sweetened condensed milk and beat enough to mix, then add 1 cup vinegar, beat well. Will thicken in about 15 minutes. If placed in a cool place, will keep indefinitely. Delicious for any salad.

GRACE AVARD.

SALAD DRESSING

$\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon mustard, 1 tablespoon flour, 2 tablespoons sugar. Mix all dry ingredients together, then beat 3 eggs light and add, mix well, then add $\frac{1}{2}$ cup vinegar and fill cup up with water. Cook slowly in double boiler, stirring constantly; when thick, remove from the fire and beat in a tablespoon of butter.

FRENCH DRESSING

1 teaspoon salt, 1 teaspoon paprika, 6 tablespoons oil, 2 tablespoons vinegar. Whip up to a creamy consistency.

ROQUEFORT DRESSING

2 tablespoons vinegar, 4 tablespoons Wesson oil or Amaizo, 1 teaspoon salt, $\frac{1}{2}$ teaspoon sugar, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{4}$ teaspoon paprika. Put in bowl, beat well, and add 3 tablespoons Roquefort cheese which has been crumbled with fork. Add cheese just before serving.

CAROLYN FLETCHER.

BOILED SALAD DRESSING

$\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon mustard, 1 teaspoon flour, $\frac{1}{2}$ cup vinegar, salt. Mix sugar, mustard, flour and salt. Add 1 egg well beaten, stir in vinegar and cook in double boiler until thick, stirring constantly.

JESSIE M. GOULD.

SALAD DRESSING

2 tablespoons sugar.	2 eggs.
2 tablespoons flour.	1 level teaspoon butter.
1 teaspoon mustard.	$\frac{1}{2}$ glass water.
	$\frac{1}{2}$ glass vinegar.

Mix sugar, flour and mustard well, add eggs well beaten, then add water and vinegar. Heat and when warm add butter. Cook until thick.

GLADYS WOHLFAHRT.

HONEY SALAD DRESSING FOR FRUIT SALADS.

1 cup strained honey. Juice of two lemons. Put in double boiler and let come to a boil, then add 2 well beaten eggs and cook all together. When using, stir in whipped or rich cream.

ESTHER NORDSTROM.

FRUIT SALAD DRESSING

3 eggs.	$\frac{1}{4}$ cup lemon juice.
$\frac{1}{2}$ cup sugar.	$\frac{1}{2}$ cup pineapple juice.

Beat eggs until light, add juices and sugar. Put in double boiler, stirring constantly. Do not allow to boil, remove from the fire as soon as it thickens. Whipped cream may be added if desired.

MRS. CLAYTON BRIGGS.

EGGLESS FRUIT SALAD

1 tablespoon butter.	$\frac{1}{2}$ teaspoon salt.
2 tablespoons vinegar.	1 cup cream.
1 tablespoon sugar.	2 tablespoons flour.

Beat until smooth and cook until it thickens. If too thick, add a little more cream.

FLORENCE J. MORROW.

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PICKLES, PRESERVES, ETC.

CHOW CHOW

1 quart cucumbers, 2 quarts small white onions, 2 quarts tender string beans cut in halves, 3 quarts green tomatoes sliced and chopped coarse, 2 heads cauliflower cut, or 2 heads hard cabbage. After preparing, put into a stone jar, mix sprinkling salt between sparingly. Let stand 24 hours and drain off all the brine. Put vegetables into preserving kettle over fire, sprinkle over them 1 ounce of tumeric, 6 red peppers chopped coarse, 4 tablespoons mustard seed, 2 tablespoons celery seed, 2 whole cloves, 1 cup sugar, $\frac{2}{3}$ cup ground mixed mustard. Pour on enough vinegar to cover; cover tightly and simmer well until tender, stirring often. Bottle and seal.

CORA DERBY.

TOMATO CATSUP

Slice and boil tomatoes until they are soft. Rub through sieve, then to each gallon of juice, add 1 quart vinegar, 2 tablespoons cinnamon, 3 tablespoons salt, 1 tablespoon allspice, 3 tablespoons white pepper, $\frac{1}{2}$ teaspoon cloves, 5 tablespoons mustard, 1 cup sugar, $\frac{1}{4}$ teaspoon cayenne pepper. Boil all day; add spice when nearly done.

CORA DERBY.

PICCALILLI

Equal quantities of cabbage and green tomatoes, 6 or 8 large onions, 2 green peppers. Grind onions and peppers with cabbage, salt, let stand over night. Grind tomatoes and let stand over night. In the morning, drain tomatoes, mix with cabbage. Boil $\frac{1}{2}$ gallon vinegar, 1 pound sugar, 1 tablespoon all spice, 1 tablespoon cloves and 1 tablespoon cinnamon. Pour over vegetables while scalding hot; bottle. Do not boil, as this makes the vegetables soft.

CORA DERBY.

SPICED PRUNES AND PEARS

Pare, core and quarter 8 large pears, press into each piece a whole clove. A 5 pound bucket of rather firm prunes should be used for this many pears. Make a syrup with 1 cup vinegar, 2 cups water, 3 cups sugar, 1 teaspoon each allspice and cloves, and 2 teaspoons cinnamon. Boil syrup 15 minutes, put in fruit and boil 20 minutes or until tender. Can while hot. This is delicious served with meats.

MINCE MEAT FOR PIES

4 pounds apples, chopped; 2 pounds beef, boiled and ground; 1 box currants; 1 box raisins; vinegar, brown sugar and spices to taste. Put in a cool place as this makes several pies.

FLORENCE J. MORROW.

GREEN TOMATOES

Slice raw onions and green tomatoes, let stand over night with salt on. Strain in morning and add 3 cups granulated sugar to 1 quart vinegar, 1 teaspoon cinnamon, 1 teaspoon nutmeg, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ teaspoon red pepper (ground). Cook $1\frac{1}{2}$ hours; seal very hot.

AGNES J. NOREN.

CELERY SAUCE

20 ripe tomatoes, 4 stalks celery, 5 medium onions, 2 red peppers, $1\frac{1}{2}$ cups vinegar, $1\frac{1}{2}$ cups sugar, 2 tablespoons salt. Boil until thick.

OLIVE ROLL.

ITALIAN TOMATO CATSUP

1 case tomatoes cut in quarters and put in big kettle, add 6 red peppers, 1 handful of salt, 4 onions and $\frac{1}{2}$ head of garlic, let boil about 40 minutes. Strain and put back in kettle, boil 1 hour. Add $\frac{1}{2}$ teaspoon each ginger and allspice, 1 teaspoon black pepper, 2 teaspoons cinnamon, 1 cup vinegar, and about 2 pounds of sugar; boil until thick.

LEONA THAYER YUILL.

TOMATO CATSUP WITH HORSE-RADISH

$1\frac{1}{2}$ gallons tomato pulp, 4 cups vinegar, 3 cups sugar, $\frac{1}{2}$ cup ground mustard, $\frac{1}{2}$ cup grated horse-radish, 1 teaspoon red pepper, 1 teaspoon cloves, 1 teaspoon cinnamon, $\frac{1}{2}$ cup salt. (Put spices in bag.) Boil 2 to 3 hours or until thick. Add horse-radish $\frac{1}{2}$ hour before taking off of the stove, put in bottles and seal.

ELSIE MCQUINN.

TO CAN RHUBARB

Cut ripe rhubarb into inch pieces. Pack closely in quart cans. Have ready a deep pail of fresh cold water and proceed as follows: Hold one jar after another under water until all the spaces are filled in the jar and no bubbles appear, then screw on the cover under the water. This will keep for months if no air be admitted. It can be used for pies and sauces by simply adding sugar when you have poured off the liquid, then stew gently.

LILLIAN TABER.

CORN RELISH

1 dozen ears corn, $\frac{1}{2}$ pound head cabbage, 4 green tomatoes, 5 green peppers, 2 pounds onions, 2 bunches celery, $\frac{1}{4}$ pound dry mustard; 2 cups sugar or more to taste, 2 tablespoons salt, 1 quart vinegar, 2 tablespoons celery seed, 1 teaspoon turmeric, 2 red peppers chopped fine. Boil 20 minutes, mix flour and mustard in just before taking off the stove.

NINA OESTERLING.

CORN RELISH

12 ears sweet corn, 8 green peppers, 4 red peppers, 1 quart onions, 1 quart cucumbers (peeled, seeded and chopped fine), 1 ounce celery seed, $\frac{1}{2}$ ounce turmeric, 2 quarts vinegar, 2 quarts ripe tomatoes, 2 pounds sugar, $\frac{1}{2}$ cup salt, 1 ounce mustard seed. Boil one hour.

CORA DERBY.

CORN RELISH

1 dozen ears of corn, 1 tablespoon salt, 1 tablespoon mustard seed, $\frac{3}{4}$ cup sugar, 1 bunch celery, vinegar to cover. Cook 20 minutes and seal hot. Add a few pimientos just before sealing.

LEONA YUILL.

CHILI SAUCE

8 quarts tomatoes, 3 cups peppers, 2 cups onions, $1\frac{1}{2}$ cups sugar, 1 small cup salt, 1 quart vinegar, 1 teaspoon cinnamon, 2 teaspoons nutmeg, 2 teaspoons ginger. Chop tomatoes, peppers and onions very fine. Boil 3 hours.

CORA DERBY.

CANNED CUCUMBER PICKLES

1 quart small cucumbers.	1 teaspoon salt.
2 tablespoons sugar.	1 teaspoon mustard.
1 teaspoon black pepper.	$\frac{1}{2}$ vinegar and $\frac{1}{2}$ water.

Wipe cucumbers with damp cloth and pack in jar. Then add sugar, pepper, salt and mustard. Fill jar with one-half vinegar and one-half water and seal.

LEONA YUILL.

CANNED TOMATO SOUP

14 quarts unpeeled tomatoes, 14 small stalks celery, 14 sprays parsley, 14 bay leaves, 25 whole cloves, 7 small onions (cut up), 4 tablespoons salt, 10 tablespoons sugar, 2 teaspoons black pepper. Boil together and strain through a small sieve. Place on fire and reheat. Cream together 14 tablespoons of butter and 14 tablespoons of flour. Thin with tomato juice, add to soup and bring to hard boil. Seal while hot.

JESSIE M. GOULD.

CORN SALAD

12 ears corn, 4 large onions, 4 red peppers, 1 medium cabbage, 1½ pounds sugar. Chop onions, peppers and cabbage. 2 tablespoons mustard, ¼ cup salt, 3½ pints white vinegar. Cook 15 minutes from time it starts to boil. JESSIE M. GOULD.

HODGE PODGE PICKLES

1 gallon sliced cucumbers, 1 gallon shredded cabbage, 4 onions, 2 green bell peppers, 2 tablespoons salt, 2 cups white sugar, 1 cup yellow mustard, 1 ounce mustard seed, 1 ounce celery seed, vinegar. Take cucumbers half grown, slice thin without peeling, place in a pan with shredded cabbage. Stir in salt and sliced onion; add sliced peppers and sugar. Pour on enough cider vinegar to wilt it thoroughly. Set on stove and when it becomes hot, stir in mustard which has been dissolved in cold vinegar. Add seeds, stir together, let come to a boil. Seal airtight while hot. JESSIE M. GOULD.

MUSTARD PICKLES

Take 8 quarts of pickles, 2 quarts of onions. Salt down over night; pour off water. Add 2 quarts of prepared mustard, 2 quarts vinegar, 2 quarts sugar, 3 teaspoons celery seed, 2 teaspoons turmeric. When boiled, add 4 tablespoons flour. Seal hot.

CANNING TOMATOES WITHOUT COOKING

Scald tomatoes and place in jars. Fill jars to overflowing with boiling water. Seal tightly, set them in a boiler and fill to the lids of jars with boiling water. Cover with a heavy rug and let them stand over night. Wipe jars in morning and put away. P. G.

TOMATO SOUP

1 peck ripe tomatoes, 3 large onions, 1 green pepper, 4½ quarts water, 2 teaspoons cinnamon, 1 teaspoon cloves. Cook well and strain through a fine sieve, then add 1 cup sugar, 2 tablespoons butter, 8 tablespoons corn starch. Can up hot in mason jars. This makes 6 quarts.

CANNED TOMATOES, PEPPERS AND ONIONS

1 gallon tomatoes, 10 large onions, 4 large green peppers. Wash tomatoes and peel, cut peppers fine, peel and slice onions. Cook all until onions are done and seal while hot in glass jars. This is a time saver and makes good soup, spaghetti or noodles.

LEONA YUILL.

HAVE CHILI SAUCE ANY TIME

1 quart can tomatoes, 5 large onions chopped fine, 1 cupful brown sugar, 3 teaspoons salt, 1 teaspoon each ground cloves, cinnamon and pepper, 2 cups vinegar. Boil together for 1 hour. Makes over a quart.

GREEN TOMATO MINCE MEAT

3 pounds green tomatoes, 3 pounds chopped apples, 2 packages seedless raisins, 1 cup chopped suet, 2 tablespoons salt, 3 pounds brown sugar. Grind tomatoes, let stand over night with salt. Drain and discard, add same amount clear water. Boil until clear, then add 1 cup vinegar, 2 teaspoons each of cinnamon, nutmeg and cloves. Boil until thick, then can. N. TODD.

SWEET CORN RELISH

18 ears corn, 4 onions, 1 green and 1 ripe pepper, 1 large cabbage, 2 quarts vinegar. Chop onions and cabbage, put in vinegar and cook 15 minutes. Add corn, 2 cups sugar, $\frac{1}{4}$ cup salt; mix 2 tablespoons mustard, 1 teaspoon turmeric and 1 cup of flour with 1 cup cold water. Stir altogether, add everything and cook $\frac{1}{2}$ hour. MARY E. HERRINGTON.

CHILI SAUCE

1 peck ripe tomatoes, 6 green peppers, 6 onions, 2 teaspoons cinnamon, 2 teaspoons cloves, 1 tablespoon salt, 2 cups brown sugar, 5 cups vinegar. Pare tomatoes, slice thin, scald and skin; chop onions and peppers fine. Boil all together 2 hours, then bottle. This makes three quarts. MARY E. HERRINGTON.

INDIAN PICKLES

Pull a white cauliflower into branches, peel the stalk and slice it. Slice a small white cabbage, a cucumber, a dozen onions and 6 tomatoes; add 6 cloves or garlic, one dozen shallots, a dozen capscums, $\frac{1}{2}$ pint of French beans, some radish pods and a large handful of scraped horse-radish. Lay all these vegetables in a pan and pour over them strong boiling brine. Let them lay $\frac{1}{2}$ hour, then drain off the brine and dry them in the sun or in a cool oven. Boil 1 gallon vinegar with 4 ounces black pepper, 4 ounces white pepper, 2 ounces chillies, 2 ounces ginger, 1 ounce cloves, 4 ounces mustard flour, 2 ounces turmeric and 1 ounce mustard seed. Lay the vegetables in a stone jar, pour the vinegar and spices while boiling hot over them, and when cold cover the jar and seal. MARY JANE LUNDGREN.

DILL PICKLES

1 tablespoon salt, 1 tablespoon vinegar. Soak pickles over night in cold water; drain and dry. Place a layer of grape leaves and dill in bottom of jar. Add pickles with salt and vinegar; cover with cold water and seal.

ELSIE McQUINN.

WALNUT CATSUP

7 gallons walnut shell juice, 7 pounds salt, 8 ounces ginger, 8 ounces shallots, 8 ounces garlic, 8 ounces horseradish, 1 quart essence of anchovies. Mix.

MARY JANE LUNDGREN.

CURRENT SYRUP

Take 1 pint of the juice of currants and 2 pounds of the best sugar; dissolve the sugar in the juice by the aid of heat not exceeding 212 degrees, and set aside for 24 hours. Then remove the scum, and strain through very fine muslin, if any sediment be present. To preserve for use, add 1 gill of alcohol at 60 per cent.

MARY JANE LUNDGREN.

PEACH JAM

Use clingstone peaches. Stone the peaches, cutting away all blemishes they may have. Put them over a slow fire, in a clean stew-pan, with $\frac{1}{2}$ pint of water; when scalded, rub them through a sieve. To every pound of pulp, add 1 pound of sifted sugar; put it into a preserving pan over a brisk fire, and when it boils, skim well, and throw in the kernels of the peaches and $\frac{1}{2}$ ounce bitter almonds (blanched); boil it all the time. Remove from fire, fill it into jars and seal.

MARY JANE LUNDGREN.

RED CURRENT JELLY

With three parts of fine, ripe red currants, mix one part of white currants. Put them into a clean preserving pan and stir gently over a clear fire until the juice flows from them freely. Then turn them into a fine sieve, and let them drain well but without pressure. Pass the juice through a folded muslin or a jelly bag; weigh it and then boil fast for $\frac{1}{4}$ hour. Add, for each pound, 8 ounces of sugar; stir this to it (off the fire) until it is dissolved. Give the jelly 8 minutes more of quick boiling, and pour it out. It will be firm and of excellent color and flavor. Be sure to clear off the scum as it rises, both before and after the sugar is put in or the preserve will not be clear.

An excellent jelly may be made with equal parts of red currants, white currants and raspberries. Boiling same proportion of sugar and degree of boiling as mentioned in the foregoing recipe.

MARY JANE LUNDGREN.

FILLED MARMALADE

1 pound carrots.	1 orange.
1 small lemon.	3 cups water.
$\frac{1}{8}$ teaspoon salt.	$3\frac{1}{2}$ cups sugar.

Wash and scrape carrots, run them through a food chopper, add water and salt, and boil until they are soft. Wash orange and lemon, squeeze out the juice, being careful to reject any seeds. Put the skins through a food chopper and then add to the juice. Drain all water from cooked carrots into the cut up fruit and cook until tender. Then add pulp of carrots and sugar; cook until it jellies, which should be in 20 minutes.

STRAWBERRY CONSERVE

1 quart ripe strawberries, $\frac{1}{2}$ pound seeded raisins, 1 lemon, 2 oranges, $\frac{1}{2}$ pound chopped walnut meats, 1 quart sugar. Wash and drain berries, then put them into a preserving kettle with the raisins, sugar, grated rinds and pulp of lemons and oranges. Cook slowly 30 minutes, then add walnuts and cook 10 minutes longer. Put into jelly glasses and cover with paraffine. Peaches, plums, grapes and cranberries may be used in place of strawberries.

LILLIAN TABER.

PINEAPPLE AND STRAWBERRY PRESERVES

One quart of pineapple, 2 quarts strawberries, 3 quarts sugar. Cook slowly 45 minutes, jar and seal. VIOLET V. TROWBRIDGE.

PEAR HONEY

1 crock pears, sugar, juice of 3 oranges and grated rind of one, juice and grated rind of 1 lemon. Grind one crock of pears (after peeled and cored) in food chopper and add 1 pound less sugar than pears. Add juice of oranges and grated rind of one, also juice and grated rind of one lemon. Mix and let stand over night. Boil 20 minutes. Delicious with hot biscuits. EDITH E. LIND.

GOOSEBERRY JAM

Choose the red, hairy gooseberry when quite ripe; cut off the tops and tails. Weigh them and put them into a preserving pan with $\frac{1}{4}$ of a pint of red currant juice to every 3 pounds of gooseberries. Let them boil quickly together for nearly an hour, stirring carefully all the time. Add the sugar in the proportion of $\frac{3}{4}$ of a pound to each pound of fruit and boil for 40 minutes. Gooseberry jam takes a long time to boil; if not well done, it will neither look nor keep well. MARY JANE LUNDGREN.

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CANDIES

FRENCH CANDY

Break white of one egg in a glass, add same amount of cream. Flavor and stir into this enough powdered sugar to thicken. Place in bowl, add more powdered sugar until stiff enough to roll. Dust bread board with powdered sugar, roll out the candy, spread with unsweetened melted chocolate. Roll up like jelly roll and cut pieces $\frac{1}{2}$ inch thick. Place a nut on each piece.

FLORENCE J. MORROW.

CRACKER JACK

1 cup sugar, 1 cup molasses, $\frac{1}{2}$ cup water, $\frac{1}{4}$ teaspoon soda, 2 tablespoons butter, 1 pint walnuts meats or any other meats, 4 quarts popped corn. Boil sugar, molasses and water until it forms a ball, add butter and soda dissolved in water; stir well, pour over corn and nuts; mix well but do not pack. ELSIE McQUINN.

CHOCOLATE FUDGE

2 cups granulated sugar, $\frac{3}{4}$ cup milk, 2 tablespoons cocoa, 1 tablespoon butter. Cook until a soft ball is formed then take off fire and add 1 teaspoon vanilla, beat until cold and pour quickly into pans. Nuts or cocoanut may be added if desired.

AGNES J. NOREN.

PEANUT BUTTER FUDGE

3 cups sugar, 1 small can Carnation milk. Boil together until it forms soft ball in cold water. Remove from fire, add 1 teaspoon vanilla and about $\frac{1}{2}$ pound peanut butter. Beat to desired thickness.

JESSIE M. GOULD.

CARAMELS

2 cups sugar.	1 cup milk.
1 cup condensed milk.	$\frac{1}{2}$ cup cream.
1 cup light corn syrup.	$\frac{1}{4}$ cup butter.
2 teaspoons vanilla.	

Put all ingredients into saucepan and cook over slow fire stirring constantly until 244 degrees F. Add vanilla, turn into well greased pan. When cold, turn out of pan and cut into squares. If harder caramels are desired, cook until 246 degrees F.

CORA DERBY.

COCOANUT DREAMS

- | | |
|----------------------------|--------------------------------------|
| 2 teaspoons butter. | $\frac{1}{3}$ cup shredded cocoanut. |
| $\frac{1}{2}$ cup milk. | $\frac{1}{3}$ cup chopped figs. |
| $1\frac{1}{2}$ cups sugar. | $\frac{1}{2}$ teaspoon vanilla. |

Cook sugar and milk to 238 degrees F. Add butter and cocoanut and stir until creamy. Add figs and drop from teaspoon on waxed paper.

CORA DERBY.

NUT CRISPS

$\frac{1}{2}$ pound shelled nuts chopped fine. Warm in a slow oven. While the nuts are warming, put 2 tablespoons syrup in a sauce pan and heat to a boiling point. Add 2 cups sugar and stir constantly until sugar is melted. Add hot nuts and stir until candy is brown. Pour on buttered slab and mark in squares or break.

CORA DERBY.

FRUIT ROLL

- | | |
|----------------|--------------------|
| 1 cup raisins. | Shredded cocoanut. |
| 1 cup walnuts. | Powdered sugar. |

Chop raisins and walnuts. Knead on board dredged with powdered sugar and form into long thin rolls. Coat with cocoanut and set in cool place until firm. Use figs and dates if desired.

CORA DERBY.

FUDGE

- | | |
|----------------------------|-------------------------|
| 2 cups sugar. | $\frac{2}{3}$ cup milk. |
| 2 tablespoons light syrup. | 2 ounces chocolate. |
| 2 tablespoons butter. | 1 teaspoon vanilla. |

Combine sugar, syrup, milk and chocolate. Boil without stirring to 238 degrees F. or the soft ball stage. Remove from fire, add butter and vanilla. Cool and beat until firm. Turn into buttered tin.

CORA DERBY.

FUDGE BALLS

Shape fudge into balls, roll in chopped cocoanut or nuts.

CORA DERBY.

FUDGE SANDWICH

Put layer of fudge $\frac{3}{4}$ inch thick in greased pan. On this place $\frac{3}{4}$ inch layer of fondant, cover with melted dipping chocolate. Mark in squares before chocolate hardens.

CORA DERBY.

STRIPED FUDGE ROLLS

Press fudge into rectangle 4x7x $\frac{1}{2}$. On top place layer of fondant same size. Roll like jelly roll. CORA DERBY.

FONDANT

2 cups sugar.	2 tablespoons light syrup.
1 $\frac{1}{4}$ cups water.	Flavoring.

Cook to 380 degrees F. or the soft ball stage. Remove crystals from the edge of pan with a damp cloth. Turn on buttered platter, or better a piece of greased marble. Cool to 100 degrees F. or until you can bear your hand on it without burning. Beat with a spatula or candy knife. Knead like dough. This is better if left standing in a covered jar for a day or two after it has been kneaded, as it ripens. CORA DERBY.

PACIFIC SEA FOAM

3 cups light brown sugar.	1 egg white.
$\frac{1}{4}$ teaspoon cream of tartar.	$\frac{3}{4}$ cup chopped nuts.
1 cup water.	$\frac{1}{2}$ teaspoon vanilla.

Cook sugar, cream of tartar and water to 240 degrees F. Beat egg white stiff and pour into it slowly the cooked syrup. Add nuts and flavoring and beat until stiff. Pour into greased pan.

CORA DERBY.

FUDGE

4 cups sugar.	3 tablespoons cocoa.
2 cups milk.	Pinch of salt.

Boil above ingredients slowly until they form a soft ball in water, remove from fire and add one tablespoon of butter and allow to cool. Do not stir fudge after taking it from fire. When cool, add vanilla and beat with a wooden spoon.

VIOLET V. TROWBRIDGE.

MARSHMALLOWS

3 tablespoons gelatine soaked in $\frac{1}{2}$ cup cold water 5 minutes. Boil 1 $\frac{1}{4}$ cups water and 2 cups sugar to 242 degrees F. Stir in gelatine, boil 2 minutes and remove from fire. When cool, beat until creamy white and stiff. Add flavoring. Pour into pan covered thickly with $\frac{1}{3}$ corn starch and $\frac{2}{3}$ powdered sugar. Let stand over night, cut in squares, and roll in powdered sugar.

CORA DERBY.

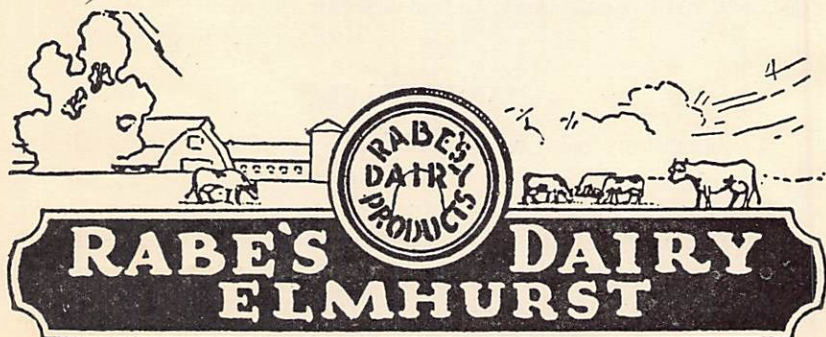
CHOCOLATE NUT CREAMS

Break $\frac{1}{2}$ pound sweetened chocolate in small pieces and melt. As soon as melted, cool until quite thick; mix 2 cups powdered sugar with 2 tablespoons cream, add 1 cup chopped nuts with 1 tablespoon vanilla. Work with the hands until creamy, pack in pan, pour chocolate over top and smooth with knife. When nearly hard, mark into squares.

CORA DERBY.



"This is the kind
of milk that I like
best."



CASSEROLE DISHES AND MISC.

CORN MEAL SOUFFLE

Heat 1 pint milk to boiling point then add 1 tablespoon butter substitute and 1 teaspoon salt, and gradually stir into this $\frac{1}{2}$ cup corn meal. Cook until the consistency of mush; remove from fire and whip in the beaten yolks of 3 eggs, cook a minute longer and when almost cool, fold in the stiffly beaten whites of eggs. Add $\frac{1}{4}$ teaspoon paprika, 2 tablespoons grated cheese and a little pepper. Put in buttered baking dish. Set baking dish in another dish of hot water in moderate oven and bake $\frac{1}{2}$ hour. N. TODD.

CHEESE STRAWS

Gather up the trimmings of pastry and roll to a thickness of $\frac{1}{4}$ inch, sprinkle with finely grated cheese, salt and a little paprika. Fold, press edges together and roll as before. Repeat this process two or three times, then roll out thin, cut in strips 5 or 6 inches long and $\frac{1}{4}$ inch wide. Place in shallow pan and bake in a hot oven. N. TODD.

MACARONI, CORN AND TOMATOES

1 small package elbow macaroni, 1 can corn, 1 can tomatoes. Cook macaroni in salted water until tender, drain and put a layer into a well greased casserole, then a layer of corn that is seasoned with butter, salt and pepper, then a layer of tomatoes seasoned to taste. Finish with a top layer of macaroni and dot with butter. Bake in a moderate oven 30 minutes. LILLIAN TABER.

SOUTHERN RICE

2 cups rice, 2 pounds pork chops, 2 tablespoons salt. Wash rice, add enough boiling water to cover; then add salt. Boil until tender. Place in colendar and pour cold water over it until rice is flaky. Place in baking dish. Fry pork chops, season a little, and place on top of rice. Pour 1 cup of water in pan you have fried your pork chops in, and pour liquid over rice. Bake in moderate oven $\frac{3}{4}$ of an hour. ANNA THAYER.

CORN OYSTERS

Grate 6 ears of corn, 2 egg yolks (beaten), 2 egg whites (beaten), salt and pepper, 1 tablespoon flour. Mix and drop by spoonfuls in hot lard and fry to a light brown.

FLORENCE J. MORROW.

"CASSEROLE" NOODLES

1 package Real Egg Noodles (Bartel's). Cook about 20 minutes, drain with cold water. Grate cheese and layer in casserole with noodles, season each layer. Sprinkle a little flour on each layer, then add one or two eggs mixed with milk. Pour over noodles and bake in moderate oven. ESTHER C. NORDSTROM.

SWEET POTATOES AND APPLES

Cut boiled sweet potatoes in slices in a buttered dish. Cover with slices of apples. Sprinkle with brown sugar, dot with butter, and sprinkle with salt. Repeat in layers. Bake in moderate oven. ESTHER C. NORDSTROM.

SPANISH RICE

1 large can tomatoes, 6 tablespoons raw rice, 2 large onions cut fine, 2 tablespoons butter, 1 cup hot water, salt and pepper. Bake in a moderate oven until done. Stir occasionally. FLORENCE J. MORROW.

SPINACH AND EGGS

Boil spinach in an uncovered vessel until tender. Drain, chop fine, season with salt, pepper and butter or bacon fat. Heap the spinach on platter and make a ring around edge with chopped and seasoned hard boiled eggs. N. TODD.

SCALLOPED HASH

1 can corn.	1 tablespoon butter.
1 quart tomatoes.	$\frac{1}{2}$ cup milk.
1 pint oysters.	Salt, pepper and crackers.

Put corn, tomatoes, oysters, butter and milk in baking dish. Season with salt and pepper. Add enough crackers to take up the moisture and bake $\frac{3}{4}$ of an hour. LEONA YUILL.

CHEESE SOUFFLE

2 tablespoons butter.	$\frac{1}{2}$ teaspoon salt.
3 tablespoons flour.	Speck paprika.
$\frac{1}{2}$ cup milk.	$\frac{1}{4}$ cup cheese.

3 eggs beaten separately.

Make a white sauce of first 3 ingredients; add seasoning and cheese. Cook over hot water until cheese melts, add well beaten egg yolks, cool and fold in stiffly beaten egg whites. Turn into buttered baking dish. Place in a pan of hot water and bake in a moderate oven until firm. Serve at once. LEONA YUILL.

BAKED RICE AND HAM

Wash and drain 1 cup of rice; cook in 1 tablespoon butter with finely chopped onion until brown; add 1 cup boiling water and steam until water is absorbed. Add 1 small can of tomatoes, cook until rice is soft and season with salt and pepper, line casserole with thin slices of ham slightly browned, cover with rice and place in oven 15 minutes.

VIOLET V. TROWBRIDGE.

PIMENTO CHEESE

$\frac{1}{2}$ cup Herkimer cheese, $\frac{3}{4}$ cup milk, 1 tablespoon butter, 1 egg, yolk and white beaten separately. Simmer slowly until all cheese is melted. Let cool, add 1 can of pimentos, chopped fine, and stir. Use for a sandwich spread.

FLORENCE J. MORROW.

SPAGHETTI WITH TOMATO SOUP

2 medium size onions sliced and fried brown with 3 slices of bacon (cut bacon in small squares with scissors). Have $\frac{1}{2}$ package spaghetti cooked and blanched, to this add $\frac{1}{2}$ can Campbell's tomato soup, 1 green pepper, and salt. To this add onion and bacon and brown in oven.

N. TODD.

BOSTON BAKED BEANS

2 cups beans soaked over night, $\frac{3}{4}$ cup corn syrup or sugar, $1\frac{1}{2}$ teaspoons salt, pinch of soda, and salt pork 3 inches square. Bake in covered baking dish or bean pot in oven for $2\frac{1}{2}$ to 3 hours, or until perfectly tender.

CAROLYN J. FLETCHER.

CHILI CON CARNE

Grind coarse through food chopper, 1 pound beef, $\frac{1}{2}$ pound suet, 1 pound onions. Cover with water, stew well, add 1 teaspoon of Chili pepper. Cook 1 pound California pink beans in water, add meat, suet and onions. (You can buy the beans at the National Tea Company.)

ROSS JOHNSTONE.

MEAT SOUFFLE

1 cup ground cooked meat, $\frac{1}{2}$ cup thick hot white sauce, 3 eggs beaten separately, 1 tablespoon onion juice or chopped parsley, season to taste with salt and pepper. Add meat and seasoning to hot sauce, reheat and add egg yolks that have been beaten. Cool and fold in stiffly beaten egg whites, turn into a buttered pan and place in a large pan of hot water. Bake until firm— $\frac{1}{2}$ to $\frac{3}{4}$ of an hour.

LEONA YUILL.

SCALLOPED POTATOES WITH EGGS

Cooked potatoes.

Grated cheese or

Boiled eggs.

minced ham.

White sauce.

Line casserole with diced boiled potatoes, then sliced eggs. Cover the same with the white sauce and sprinkle with grated cheese or grated minced ham. Alternately fill casserole. Place in oven until ready to serve, long enough to warm through.

EDITH LIND.

EGGS WITH MUSTARD SAUCE

Boil medium hard as many eggs as wanted, remove the shells and place in a dish. Pour over them a sauce made as follows:— For 6 eggs use 1 pint milk and a tablespoon flour, stirred up in cold milk; let boil and when boiled take off fire and add 1 teaspoon mustard, which has been stirred up in cold milk, $\frac{1}{2}$ teaspoon salt and 1 tablespoon butter. Pour this over the eggs in the dish. Very good luncheon dish.

ESTHER NORDSTROM.

CORN CHOWDER

1 can sweet corn, $\frac{1}{4}$ pound salt pork, cut in small pieces and fry in kettle; add 1 quart potatoes sliced thin and soaked in cold water 5 minutes; cover with boiling water and cook until potatoes are soft and not broken. Add corn and 1 quart of hot milk, 1 tablespoon butter, season with salt and pepper and serve. E. N.

SOUTHERN SWEET POTATOES

1 can of sweet potatoes, mash and season with salt, 2 tablespoons butter, 3 tablespoons cream and milk enough to make them the consistency of white potatoes. Put in baking dish and spread marshmallows thick over the top. Bake in oven very SLOWLY until marshmallows are done.

ESTHER NORDSTROM.

CHEESE AND CELERY AU GRATIN

2 cups celery.

$\frac{3}{4}$ cup grated cheese.

2 tablespoons flour.

$\frac{1}{3}$ cup milk.

$\frac{1}{3}$ cup celery stock.

2 tablespoons butter.

$\frac{3}{4}$ teaspoon salt.

$\frac{1}{8}$ teaspoon pepper.

$\frac{3}{4}$ cup bread crumbs.

Wash celery and cut in small pieces, pour on 2 cups boiling water and cook 15 minutes. To $\frac{1}{3}$ cup celery, add milk and melted butter. In your double boiler place the flour and seasoning, add celery, milk and butter; cook until smooth. Place alternate layers of this mixture and grated cheese into a baking dish; cover with bread crumbs and bake in a moderate oven.

CORN FRITTERS—GOOD FOR LUNCH

1 cup flour.	1 egg.
1½ teaspoons Dr. Price's baking powder.	⅓ cup milk.
½ teaspoon salt.	1 cup corn.

Sift baking powder, salt and flour; add egg and corn. Unless fresh corn is used, or if canned corn is very dry, omit milk. Fry like griddle cakes on greased pan. GRACE AVARD.

RICE GAMBOLI

2 slices bacon.	1 cup rice.
3 onions.	1 can tomatoes.
Salt and pepper.	

Chop bacon and fry with onions until a light brown and then put in the rice and last the can of tomatoes. NINA OESTERLING.

STUFFED EGGS

6 hard cooked eggs.	3 tablespoons grated cheese.
½ teaspoon lemon juice.	¼ teaspoon mustard.
½ teaspoon salt.	Few grains of pepper.
2 tablespoons butter.	

Bring water to a boiling point, throw eggs in, allow to remain 30 minutes. Cut lengthwise in half. Remove yolk, add all ingredients, beat light, mixed with the yolks. Fill cavities, and serve on lettuce.

SPANISH OMELET

6 eggs.	¾ cup milk or water.
¼ teaspoon Dr. Price's baking powder.	½ teaspoon salt.
	1 tablespoon butter.

Beat eggs slightly, add milk and salt. Beat until light. Add baking powder. Heat pan and turn butter in. Turn egg over melted butter and cook slowly.

SAUCE, WHICH MAKES IT SPANISH

2 tablespoons chopped carrot, 2 tablespoons chopped onion, cook 5 minutes. 2 tablespoons diced ham, 3 tablespoons flour, 2 tablespoons butter, 1 cup tomato, 1 cup broth from carrot and onion (or any gravy), 1 teaspoon salt, ⅛ teaspoon pepper, tiny piece bay leaf, 2 cloves, 2 tablespoons parsley. Put fat in frying pan, brown onion and flour. Add broth and other ingredients, simmer 15 minutes. Pour over omelet. CORA DERBY.

SALMON MACARONI

3 cups boiled macaroni.	2 tablespoons flour.
1 pound can salmon.	1 onion chopped.
2 tablespoons butter.	2 cups strained tomatoes
Salt and pepper.	or tomato soup.

Melt butter in pan and blend in the flour. Add the tomatoes and cook gently, add fish flaked and onion, salt and pepper to taste, use more flour if strained tomatoes are used. Simmer five minutes and serve with a border of the cooked macaroni. Grated cheese over the top adds to the attractiveness. It may be further garnished with hard boiled eggs. Hot biscuits and marmalade, and onion and apple salad go with this dish very nicely.

RICE CUTLETS WITH CHEESE SAUCE

1 cup rice.	1 teaspoon salt.
3½ cups boiling water.	½ teaspoon paprika.
½ cup canned tomato soup.	1 tablespoon butter.

Pour cold water over rice and heat, stirring constantly to the boiling point. Take from the fire, drain, rinse in cold water and drain again. Put the boiling water, tomato soup, salt and paprika in double boiler and stir in the rice. Cook until the rice is tender, when all the liquid will be absorbed; if not, drain for a few minutes. Add butter to the rice and pour the mixture on a large buttered platter, having it spread out about 1 inch thick, when the rice has become firm and cool, shape into cutlets about 4 inches long, dip each cutlet in egg and then into bread crumbs and fry in deep fat. Makes about 18 cutlets. Serve with green peas and the following cheese sauce—

CHEESE SAUCE

½ cup grated cheese.	2 cups warm milk.
¼ cup butter.	¼ teaspoon pepper.
¼ cup flour.	¾ teaspoon salt.

Melt the butter in double boiler and blend the flour, add the warm milk gradually and cook, stirring until thickened. Add the grated cheese and stir until cheese melts. This mixture must not be allowed to boil. Arrange cutlets on large platter; pour the the cheese around them and then turn the hot peas over all.

SPANISH NOODLES

1 pound hamburger, 2 green peppers, 3 onions. Grind all, fry in butter until brown, add 1 package cooked noodles, 1 can tomatoes. Bake about 10 minutes. ESTHER NORDSTROM.

SOUTHERN RICE

2 cups rice thoroughly washed, 2 teaspoons salt. Cover with water in double boiler or steamer and allow to steam $1\frac{1}{2}$ hours. DO NOT stir but keep top tightly on, and if too dry, add $\frac{1}{2}$ cup water and allow to steam 15 minutes longer. The grains will be light and sufficiently flaky.

CAROLYN J. FLETCHER.

STUFFED PEPPERS

1 cup of uncooked rice, 2 pounds of chopped beef, 2 eggs beaten well, 1 large onion (minced), salt and pepper to taste and add 1 bottle sour cream. Stuff peppers with mixture and cook slowly 2 hours in 1 pint of tomato soup.

MUSH OMELET

1 pint sweet milk, $\frac{2}{3}$ cup yellow corn meal, 4 eggs beaten separately, 1 tablespoon salt. Cook milk and corn meal until it begins to thicken, then cool. Add salt and beaten egg yolks, fold in egg whites, place in buttered dish and bake 20 minutes; serve at once. Will serve six.

LEONA THAYER YUILL.

CHICKEN MOUSSE FOR 25 PERSONS

6 cups cooked chopped chicken, 2 cups cream whipped, 4 cups hot chicken stock, 6 tablespoon gelatine (not acid), 1 cup chopped celery, 1 cup chopped cooked green pepper, 3 tablespoons chopped pimento, 3 teaspoons salt, $\frac{3}{4}$ teaspoon pepper, 1 cup cold water. Cook 2 5-pound hens until very tender, chop the meat (which will be about 6 cups) reserve the hot stock. Soak the gelatine in cold water 5 minutes, add boiling chicken stock and stir until gelatine is dissolved, chill and beat until frothy. Add the remainder of ingredients and beat all together. Pour in mold, either long or square, chill 4 hours on ice. Very attractive if individual molds are used. Serve on lettuce leaf, garnish with grated yolk of hard boiled eggs.

SWEET POTATO PUFF

12 cups hot mashed sweet potatoes, 1 cup of cream or less, depending on the moisture of potatoes, 8 egg yolks beaten lightly, $\frac{3}{4}$ cup brown sugar, $\frac{3}{4}$ cup melted butter, 8 egg yolks beaten stiffly, 3 teaspoons salt. Mix mashed potatoes, cream, egg yolks, butter and salt; beat 3 minutes. Fold in the beaten whites and pile in a buttered baking dish; cover the top with marshmallows and large raisins and bake 15 minutes in a medium oven. If canned potatoes are used, it will take 3 quart cans.

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VEGETABLES

Good vegetables are delicious when properly cooked. They are among the choicest dishes that can be obtained. Fortunately as the price of meat has advanced the quality of the vegetables has improved. From motives of economy, pleasure and health, no housekeeper can afford to overlook the home garden as a main source of food supply, especially if there are children in the family. Moreover since the appearance of food has much to do with its digestibility, the gardener can minister to health through the sense of sight also, for from the garden come the little extra things which make the difference between a dainty table and one that is commonplace or unattractive. Vegetables from the home garden are so fresh that proper cooking and serving add the last touches needed for perfection.

GENERAL SUGGESTIONS

Cooking vegetables in hard water requires more time than is mentioned in these recipes.

It is essential to avoid overcooking vegetables, as you lose thereby their delicacy of flavor, and if prolonged it usually makes them tough or tasteless.

The age and freshness of vegetables determine the time required for proper cooking. Cabbages, beets and carrots fresh from the garden will cook more quickly and are much better flavored than those taken from cold storage, or those which have become wilted on the market. Even from your own garden, vegetables freshly gathered have a more delicate flavor and require somewhat less cooking than those that have become slightly wilted.

Always cook strong flavored vegetables such as cabbage, onions and turnips in uncovered vessels; also cook uncovered all vegetables whose color you wish to retain, such as young peas, beets and rhubarb.

Thoroughly wash all vegetables in clean, cold water before preparing for cooking. Spinach may be washed to advantage as many as eight times.

Unless otherwise directed, all spoon measurements are level.

Soak in cold water half an hour before cooking all leaf and stalk vegetables such as turnips, cabbage and celery.

Start all vegetables in boiling water. Salt most vegetables after half done.

ASPARAGUS ON TOAST WITH BUTTER SAUCE

Trim the hard or tough end from lower part of stalk, wash, remove scales and tie with a piece of soft twine or tape. Cover with boiling salted water and cook until tender, or from 20 to 30 minutes, leaving tips above water the first 10 minutes. Lift bunches out of water by tape, drain, remove tape and lay on pieces of toast. Serve with butter, or a sauce made as follows:

$\frac{1}{4}$ cup butter.	$\frac{1}{2}$ teaspoon finely chopped
$\frac{1}{2}$ teaspoon salt.	parsley.
$\frac{1}{8}$ teaspoon pepper.	$\frac{3}{4}$ teaspoon lemon juice.

Put butter in a bowl, and work with a wooden spoon until creamy, add salt, pepper and parsley, then lemon juice very slowly.

BEANS

Beans, in their many varieties are among the most valuable and extensively used of all vegetables. With the exception of the limas all are suitable when young for use as snaps.

CREAMED NEW SNAP BEANS

Take 2 quarts of beans, cut in half-inch pieces and wash carefully; drain and cover with boiling water; boil until tender. Do not cover beans while cooking. Drain and cover with white sauce made with either butter or bacon drippings. The bacon drippings improve the flavor of the beans and are much less expensive butter.

SHELL BEANS

Dry beans should be thoroughly washed and picked; and are much improved in quality if allowed to soak in cold water over night. If newly dried, cook about 2 hours in a sufficiently small quantity of water so that there will be none to drain off when the beans are fully cooked. Cook old beans 3 hours or more until soft.

LIMA BEANS

Lima beans are most delicious when used as green shells, especially if freshly shelled and pods are not too mature.

BEETS

Garden beets are generally recognized as one of the best root vegetables, and in the form of sugar possess a high food value. The tops of most varieties, especially the Swiss Chard, make delicious greens.

BOILED BEETS

Wash and cook whole in boiling water until soft, which will require from 1 to 3 hours. Drain and put in cold water, and the skin may be easily removed. Cut in slices or cubes, season with butter, salt and pepper or serve with white sauce. The length of time required to cook will depend on whether the roots are fresh, old beets requiring considerably more time.

BEEF GREENS WITH YOUNG BEETS

The beets usually used for greens are those that are pulled in thinning out the seed row, and are most desirable if roots have not reached 1 inch in diameter. Wash thoroughly and cook until tender in boiling salted water. Both tops and root are used; the flavor may be improved by the addition of a piece of bacon. Season with butter, salt and pepper. Serve with or without vinegar.

PICKLED BEETS

Cut cold boiled beets into cubes or slices and cover with vinegar, adding 1 teaspoon salt, dash of pepper and 1 tablespoon sugar to each $\frac{1}{2}$ cup of vinegar used. If young beets $1\frac{1}{4}$ to $1\frac{1}{2}$ inches in diameter are available, pickle whole.

CREAMED CHARD

Strip the green from the ribs; boil the green alone; drain and cream same as spinach. Cut the ribs in 3-inch pieces; put in saucepan; cover with boiling water and boil 35 minutes, or until tender; drain, dust with salt; pile in center of shallow dish and pour the creamed green around. Garnish with 1 hard-boiled egg chopped fine.

BRUSSELS SPROUTS

This vegetable is used in the fall and early winter and by some considered more tender and delicious than any cabbage. The small cabbage-like heads when properly prepared make a very tempting and nutritious side dish.

Wash and pick off outer leaves. Place the heads in pan of boiling water, to which has been added a handful of salt and a small piece of soda. Do not cover while cooking. Boil quickly until tender, which should take about 15 minutes. Drain off water, spread a little butter over them, pepper slightly and serve hot.

SCALLOPED CABBAGE

Cut one-half boiled cabbage in pieces; put in buttered baking dish, sprinkle with salt and pepper, and mix well with $\frac{1}{2}$ as much white sauce. Cover with buttered crumbs, and bake until crumbs are brown.

COLE SLAW

Select a small, solid cabbage, remove outer leaves. Cut in quarters, and with a sharp knife slice as thin as possible. Soak until crisp in cold water, drain, dry between clean cloths and serve with cream dressing made as follows:

1 teaspoon mustard.	A few grains cayenne.
1 teaspoon salt.	1 teaspoon melted butter.
2 teaspoons flour.	Yolk 1 egg.
$\frac{1}{2}$ teaspoon powdered sugar.	$\frac{1}{3}$ cup hot vinegar.
	$\frac{1}{2}$ cup thick cream.

Mix dry ingredients, add butter, egg and vinegar slowly. Cook over boiling water until mixture thickens; cool and add to heavy cream beaten until stiff.

HOT SLAW

Slice cabbage as for Cole Slaw, using one-half cabbage. Heat in a dressing made of yolks of two eggs slightly beaten, $\frac{1}{4}$ cup of cold water, 1 tablespoon butter, $\frac{1}{4}$ cup hot vinegar, and $\frac{1}{2}$ teaspoon salt, stirred over hot water until thickened.

CREAMED CARROTS

Wash, scrape and cut the carrots into small cubes; put on to boil with boiling water enough to cover; boil until tender without a cover. Serve with white sauce.

CARROTS AND PEAS

Wash, scrape and cut carrots in strips, cubes or fancy shapes; cook until soft in boiling salted water. Drain, add an equal quantity of cooked green peas. Season with butter, salt and pepper, or serve with white sauce. Another good way is to serve with potato balls.

CARROTS AND ONIONS

Fry out bacon cut fine or use half lard and half butter. Put in some finely cut onions (2 fair sized bulbs to a quart of carrots) and fry a golden brown. Have carrots scraped and cut in small pieces. Add about $\frac{1}{2}$ glass of hot water, cover tightly and cook over a slow fire for about 2 hours or until the carrots are done. Season to suit.

CREAMED CAULIFLOWER

Remove leaves, cut stem off close, and let stand $\frac{1}{2}$ hour in salted water. Put it stem side down in boiling water sufficient to cover it, to which has been added 1 teaspoon salt. Cook uncovered from $\frac{1}{2}$ to $\frac{3}{4}$ hour, drain, separate florets and reheat in $1\frac{1}{2}$ cups white sauce. Hollandaise sauce may be used in place of the white sauce.

CREAMED CELERY

Wash, scrape and cut celery into inch pieces, and cook 20 minutes, or until soft, in boiling salted water; drain, and to 2 cups celery add 1 of white sauce.

SCALLOPED CELERY

Mix boiled celery with a thick white sauce and pour into a buttered baking dish and cover with a layer of grated cheese and buttered crumbs. Brown in a hot oven.

BOILED CORN

Green corn for boiling is decidedly superior in quality if picked just before cooking, its excellent qualities being greatly diminished if ears have become withered or stale.

Remove husks and silky threads. Cook 10 to 20 minutes in boiling water. Place on platter covered with a napkin; draw corners of napkin over corn, or cut from cob and season with butter and salt. Or the ears may be dropped unhusked into boiling water and let boil briskly for 15 minutes. When cooked in this manner the silk is easily removed with the husks. What is left over from a meal also keeps better than if husked and may be warmed over either in hot water or in the oven.

ROAST CORN

To roast sweet corn leave the husks on the cob, put in a slow oven and bake $\frac{1}{2}$ hour. Do not remove husk till ready to serve.

CORN FRITTERS

One dozen ears of sweet corn, grated, 3 beaten eggs, 2 tablespoons milk, 2 tablespoons flour, 1 teaspoon salt and a little pepper. Bake in small cakes on a griddle with plenty of butter; or drop by spoonfuls into drip fat, and fry a golden brown. The fat should be as hot as that for doughnuts. Serve hot.

BOILED CUCUMBERS

Old cucumbers may be pared, cut in pieces, cooked until soft in boiling salted water, drained, mashed, and seasoned with butter, salt and pepper.

FRIED CUCUMBERS

Pare cucumbers and cut lengthwise in $\frac{1}{8}$ -inch slices. Dry, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, fry in deep fat and drain.

BAKED EGG PLANT

1 quart diced egg plant, 1 cup milk, 1 egg, 2 tablespoons butter, 2 cups bread crumbs, $\frac{1}{2}$ teaspoon salt. Peel egg plant and cut into $\frac{3}{4}$ inch cubes. Soak in cold water for $\frac{1}{2}$ hour or more, 1 tablespoon salt to 1 quart water. Drain and cook in boiling salted water until tender. Drain, then add the beaten egg slowly, the salt and milk. Melt butter and stir in crumbs, then add buttered crumbs to egg plant, egg and milk. Bake in buttered pan in moderate oven until set.

EDITH LIND.

KALE WITH BACON

Cut away the outer and decayed leaves, and the stalks, wash with care and drain. Cook in boiling water slightly salted, until tender (about 30 minutes). Drain thoroughly, chop fine and serve with white sauce. Garnish with thin strips of bacon, fried brown, and white of hard boiled egg cut in rings; the yolk may be grated and sprinkled over the top. To vary the flavor substitute bacon drippings for butter, in the white sauce.

FRIED KOHL RABI

Parboil for half an hour, cut in half and fry in melted butter 15 or 20 minutes. Serve over them the butter in which they were cooked, and dredge with salt and pepper. The time required to cook kohlrabi depends largely upon the age at which it is used.

KOHL RABI AU GRATIN

Slice kohlrabi, boil 20 minutes, or until nearly tender, and arrange layers in a baking dish with white sauce. Season each layer with pepper and salt, sprinkle the top with grated cheese and buttered crumbs (1 tablespoon butter to 1 cup crumbs) and bake 20 minutes in a moderate oven.

STEWED OKRA

Cut the ends off the pods of young okra, boil for one hour in salted water, then drain and reheat in a saucepan with some melted butter. Fry brown, keeping well stirred to prevent scorching; season well with salt and pepper, and when thoroughly heated, serve. If desired a cup of tomato sauce may be added when starting to fry.

BAKED OKRA

Arrange alternate layers of sliced cooked okra and tomato in a well buttered baking dish, separating them with layers of boiled rice well seasoned with salt and pepper and dotted with butter. Cover the top with fine buttered bread crumbs (1 tablespoon butter to 1 cup crumbs) and brown in a hot oven.

OKRA SOUP

2 pounds chicken or beef without fat or bone.	4 quarts cold water. 1 onion chopped fine. Salt and pepper.
2 cups okra chopped fine.	
$\frac{1}{4}$ pound butter.	

Cut the beef or chicken into small pieces and season well with pepper and salt. Fry it in the soup kettle with the onion and butter until very brown. Then add the cold water and let it simmer for an hour and a half; add the okra, and let it cook slowly for about 3 hours longer.

SMALL ONIONS IN CREAM

Put small onions in a dish of cold water and remove skins while under water. They should then be put in rapidly boiling water, and this changed after the first 5 minutes of cooking, then put in fresh boiling salted water, and cook for from 30 to 40 minutes. Serve with white sauce. For onions au gratin, fill a buttered baking dish with creamed onions; cover with grated cheese and let heat in oven 5 to 6 minutes.

ONION SOUFFLE

1 cup white sauce, $\frac{1}{2}$ cup stale bread crumbs, 1 teaspoon chopped parsley, $1\frac{1}{2}$ cups cold boiled onions chopped fine, 2 eggs (yolks and whites beaten separately). Add to white sauce the bread crumbs, parsley, onions and yolks of eggs, in order given. Mix thoroughly and fold in with a fork the stiffly beaten egg whites. Put in buttered baking dish or individual ramekins, sprinkle with buttered crumbs and brown in oven.

PARSNIP FRITTERS

Wash and cook 45 minutes in boiling salted water. Drain and plunge parsnips into cold water and the skins will slip off easily. Mash, season with butter, salt and pepper, and shape in small flat round cakes, roll in flour and fry in butter.

PARSNIPS AND DRAWN BUTTER SAUCE

Clean and scrape young parsnips and cut into small pieces; cook until tender in boiling salted water (about 10 minutes). Drain and serve with half the quantity of drawn butter sauce.

DRAWN BUTTER SAUCE.

$\frac{1}{3}$ cup butter.	$\frac{1}{2}$ teaspoon salt.
3 tablespoons flour.	$\frac{1}{8}$ teaspoon pepper.
$1\frac{1}{2}$ cups hot water.	

Melt half the butter, add flour with seasoning. Pour on the hot water gradually, then add remainder of butter in small pieces.

BOILED PEAS

Remove from pods and cook in a small quantity boiling salted water until tender. Add salt the last 5 minutes of cooking. Drain; season with butter, pepper and salt. If they have lost much of their natural sweetness they are improved by the addition of a small amount of sugar. They may be served with half the quantity of white or drawn butter sauce.

PEA TIMBALES

Rub 1 quart of cooked peas through a sieve. To every cup of pea pulp add 2 beaten eggs, 2 tablespoons melted butter, $\frac{3}{8}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper and a few drops onion juice. Pack in buttered moulds and bake in a moderate oven until firm. Serve with 1 cup of white sauce to which has been added $\frac{1}{3}$ cup of peas.

STUFFED GREEN PEPPERS

Slice the stem end from sweet peppers. Cut away inside seed and pulp, and fill with a mixture made of 1 cup fine bread crumbs, 1 grated onion, $\frac{1}{2}$ cup chopped nuts, 1 teaspoon salt and 2 teaspoons of melted butter. Set in a pan containing a little water and melted butter and bake from 20 to 30 minutes, basting occasionally.

ESCALLOP OF PEPPERS AND CORN

Cut enough sweet corn from cob to make 3 cups. Take 2 or 3 sweet green peppers and remove inside pulp and seeds; then slice in very thin circles, and arrange in alternate layers, salting each layer until dish is filled, finishing the top with peppers. To a cup of cream or milk, add 1 beaten egg and 2 tablespoons melted butter; pour this over the whole and bake for $\frac{1}{2}$ hour in a hot oven. Canned corn may be used, in which case less cream will be needed.

FRIED SUMMER SQUASH

Select a very young summer squash and cut in small pieces, removing seed and stringy portion. If squash is not young and fresh it should be peeled. Fry $\frac{1}{2}$ onion in 1 tablespoon butter. When beginning to brown, add squash and season with salt and pepper. Cook 10 minutes, add $\frac{1}{4}$ cup hot water and continue cooking until squash is tender.

BOILED OR STEAMED SUMMER SQUASH

If young and soft simply wash and steam till tender. If hard, pare and remove seeds, cook in boiling water till soft, turn into strainer and press out juice till nearly dry; add butter, salt and pepper and serve.

STUFFED BAKED EGG PLANT

Cook egg plant 15 minutes in boiling, salted water to cover. Cut a slice from top, and with a spoon remove pulp, taking care not to work too closely to the skin. Chop pulp and add 1 cup of soft stale bread crumbs. Melt 2 tablespoons butter, add $\frac{1}{2}$ tablespoon finely chopped onion, and cook 5 minutes; or fry out 3 slices of bacon, using bacon fat in place of butter. Add to chopped pulp and bread, season with salt and pepper, and if necessary, moisten with a little stock or water; cook 5 minutes, cool slightly, and add 1 beaten egg. Refill egg plant, cover with buttered bread crumbs, and bake 25 minutes in hot oven. MRS. STELLA KEMBLE.

BAKED WINTER SQUASH

Cut squash into pieces about 2 inches square and remove seeds and stringy portion. Sprinkle with salt and pepper and dots of butter. Put in a dripping pan and bake in a moderate oven about 50 minutes, or until soft. Serve in shell with butter, or scooped from shell and mashed. Season to taste.

SPINACH WITH CHEESE SAUCE

1 quart cooked spinach, 1 teaspoon grated onion, salt and pepper, grated nutmeg, yolks of 3 hard boiled eggs. Mix well and add cheese sauce. Serve on rounds of toast and garnish with whites of eggs, chopped or cut in rings.

CHEESE SAUCE

1 cup white sauce, well seasoned, 1 cup grated cheese. Cook in double boiler, keeping well stirred until cheese is melted.

TOMATOES STUFFED WITH EGG AND PEPPERS

Cut the inside from large solid tomatoes and refill with a mixture of equal parts of chopped hard-boiled eggs and chopped sweet green peppers, well moistened with melted butter and onion juice and seasoned with salt. Put in a baking dish, cover, and let bake for 20 minutes in a moderate oven. Tomatoes may be stuffed in a great variety of ways, using fillings of chopped onion, fried cucumber, spinach or bread dressing with sage, etc.

FRIED TOMATOES

Put 1 tablespoon butter in frying pan and when melted lay in thickly sliced tomatoes which have been rolled in egg and crumbs. Fry and when brown turn carefully to avoid breaking the slices. Before serving, season both sides with salt and pepper. $\frac{1}{2}$ teaspoon of onion juice may be added to the butter in which they are cooking if desired. Serve plain or with white sauce.

DEVEILED TOMATOES

Wash, peel and slice 3 or 4 large, solid tomatoes. Season with salt and pepper, dredge slightly with flour and fry in butter. Serve on a hot platter with dressing made as follows:

Cream 4 tablespoons butter, add 2 teaspoons powdered sugar, 1 teaspoon mustard, $\frac{1}{4}$ teaspoon salt and a few grains cayenne. Mix well and add yolk of a hard-boiled egg rubbed to a paste, 1 egg beaten slightly and 2 tablespoons of vinegar. Cook in a double boiler, stirring until thick.

TURNIP AU GRATIN

Cut boiled turnips in thin slices and arrange in a buttered baking dish in layers 1 inch deep; sprinkle each layer with melted butter, pepper, salt and grated cheese. Finish with cheese on top and bake for 20 minutes.

MASHED YELLOW TURNIPS

Peel and quarter 2 large sized turnips, cover with boiling water and cook until tender. Drain, mash and add 2 tablespoons of butter, 1 teaspoon of salt and a pinch of pepper.

CREAMED TURNIPS

Wash turnips and cut in $\frac{1}{2}$ inch cubes. Cook in boiling salted water until tender, or from 20 to 30 minutes. Drain and serve with white sauce.

WHITE SAUCE—FOR EVERY VEGETABLE

Use twice the quantity of vegetables cut in cubes as you use of the white sauce.

2 tablespoons butter, 2 tablespoons flour, $\frac{1}{2}$ teaspoon salt, 1 cup cold milk, dash of pepper (white preferably), dash of paprika.

Have all the ingredients measured before beginning to mix. Melt butter in a shallow saucepan; add flour and mix until smooth. Remove from fire; add cold milk in 3 portions, stirring all the time. Return to fire, add salt, pepper and paprika, and then boil for 3 minutes. Using one-fourth the quantity of flour with the other ingredients as stated above will give you the foundation for all cream of vegetable soups, except tomato.

HOLLANDAISE SAUCE

$\frac{1}{2}$ cup butter, yolks of 2 eggs, 1 tablespoon lemon juice, $\frac{1}{2}$ teaspoon salt, few grains cayenne, $\frac{1}{3}$ cup boiling water. Put butter in a bowl, cover with cold water, and wash, using a spoon. Divide in 3 pieces; put 1 piece in a saucepan with yolks of eggs and lemon juice, place saucepan in a larger one containing boiling water and stir constantly with a wire whisk until butter is melted; then add second piece of butter, and as it thickens, third piece. Add water, cook 1 minute and season with salt and cayenne.

CREAMED CABBAGE

Cut cabbage as for slaw; have water at boiling point, put cabbage in, and cook 7 minutes from the time it starts to boil. Remove from fire; drain. Make a white sauce with $1\frac{1}{2}$ cups milk, 2 tablespoons flour, $\frac{1}{2}$ teaspoon salt and 1 tablespoon butter. Pour over cabbage and serve at once.

SCALLOPED CORN AND TOMATOES

In a well buttered dish, put alternate layers of peeled and sliced tomatoes, scraped corn and bread crumbs; salt, pepper and butter. Have the last layer crumbs. Bake in moderate oven 45 minutes. Serve in same dish as baked.

SPINACH—GERMAN STYLE

$\frac{1}{2}$ pk. spinach.	$\frac{1}{2}$ teaspoon salt.
2 tablespoons butter.	$\frac{1}{8}$ teaspoon pepper.
1 teaspoon chopped onion.	1-16 teaspoon nutmeg.
2 tablespoons bread crumbs	1 cup soup stock or gravy.
or flour.	2 eggs.

Wash spinach and boil until tender, drain and chop fine. Heat butter, add onion and brown, then add the bread crumbs or flour and seasoning. Gradually add the stock and then the spinach. Heat thoroughly and stir in the beaten eggs. Stir until eggs are cooked, shape in small molds and garnish with poached or hard-boiled eggs sliced.

LEONA THAYER YUILL.

BAKED PEAS

1 pint fresh peas, 6 slices bacon, 1 cup cream, 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{2}$ cup bread crumbs. Cut bacon in small pieces and brown. Add peas (which have been cooked and drained), cream, salt and pepper. Put in casserole or cover with bread crumbs and bake 20 minutes.

CABBAGE ROLLS

1 pound ground round steak, 4 cups cooked rice; salt, pepper and celery salt—mixed. Pour hot water over some large cabbage leaves, and put a tablespoon of the mixture in each leaf and tie. Place in a pan with a little water and bake in a moderate oven for one hour.

PEARL GOSS.

TO HEAT MASHED POTATOES

Heat $\frac{1}{2}$ cup milk in a pan, then put in left over mashed potatoes, stir with spoon and they will be as creamy as when first cooked.

GRACE AVARD.

CABBAGE OR CAULIFLOWER AU GRATIN

1 medium sized cauliflower or 1 head cabbage, 2 tablespoons flour $\frac{1}{2}$ teaspoon salt, 2 tablespoons butter, 1 cup milk, 4 tablespoons buttered crumbs. Cook cauliflower or cabbage 7 minutes. Remove from fire and put in a baking dish. Season with salt and pepper, spread crumbs on top and bake until crumbs are brown. Make a white sauce with the milk, flour and butter, pour over the baked cabbage or cauliflower and serve at once.

Hints on Storing Vegetables

PICKLING GREEN CORN

When the corn is a little past the tenderest roasting ear state, pull it; take off one thickness of the husk, tie the rest of the husk down at the silk end in a close and tight manner. Place them in a clean cask or barrel compactly together, and put on brine of about two thirds the strength of meat pickle to cover the same. When ready to use in winter, soak in cold water over night, and if this does not appear sufficient, change the water and freshen still more.

TO HAVE GREEN CORN THE YEAR AROUND

Gather it with the husk on, put in the bottom of a clean barrel some salt; proceed and fill the barrel, a layer of corn then a layer of salt. When full, put on a large stone for pressure, add a little pickle of salt and water. SET THE BARREL IN A COOL PLACE IN THE CELLAR. DO NOT LET IT FREEZE, and it will keep all the year or more. When you wish to use it, take off the husk, soak 20 hours in cold water, then boil it and it is ready to eat. Used in this way, it can be enjoyed and is never hurtful.

HOW TO PICKLE MUSHROOMS

Take a quart of small field button mushrooms, cut the stems close and rub off the skin with a bit of flannel and a little salt. Throw them, as they are done, into salt and spring water. Drain, and dry them in a cloth. Put a quart of strong vinegar into an enamel pan with an ounce of bruised ginger, half-ounce of whole white pepper, and half-ounce of mustard seed. Tie up in a bit of muslin a small nutmeg sliced, and a half-spoonful of cayenne; put this along with a tablespoon of salt into the vinegar, and let it and the spices come to a boil. When boiling briskly, throw in the mushrooms and let them boil 10 minutes. Take out the muslin bag and put the other spices into the pickle bottles along with the mushrooms and vinegar. When quite cold, cork the bottles and cover them with a bladder or wax.

TO DRY PARSLEY

Cut a large basketful of the best looking curled parsley. Pick out all faded or dirty leaves, and dry the remainder carefully before a clear fire. At first the leaves will become quite limp and they must be turned before the fire to expose all parts equally to the heat, until the leaves are dry and brittle without losing their green color, for if they are allowed to get brown, they are spoiled. When dry, rub them to a powder between the hands, sift the powder through a coarse sieve and bottle it for use. It will retain both the color and flavor of green parsley. A large basketful of fresh leaves will hardly yield a pint of powder. Never dry them in the sun or they will lose much of their flavor.

HOW TO KEEP BEANS FRESH

Procure a wide-mouthed stone jar, lay on the bottom of it some freshly pulled beans, and over them put a layer of salt; fill the jar up in this manner with alternate layers of beans and salt. The beans need not all be put in at the same time, but they are better if the salt be put on while they are quite fresh. They will keep all through the winter. When ready to use, steep for some hours in fresh cold water.

HOW TO PRESERVE MUSHROOMS

The small mushrooms suit best. Trim and rub them clean, and put into a stew-pan a quart of the mushrooms, 3 ounces of butter, 2 teaspoons of salt, and a half-teaspoon of cayenne pepper and mace, mixed; stew until the mushrooms are tender, take them out carefully and drain on a sloping dish. When cold, press into small pots and pour clarified butter over them. Put writing paper over the butter and on that pour melted suet, which will exclude the air and preserve them for many weeks if kept in a dry place.

HOW TO PICKLE ONIONS

Gather onions when quite dry and ripe, and take off the thin outside skin; with a knife remove one more layer of skin. The onion will look quite clear. Have ready some very dry bottles or jars, and as fast as the onions are peeled, put them in. Pour over sufficient cold vinegar to cover them; add 2 teaspoons of allspice and 2 teaspoons of black pepper, taking care that each jar has its share of the latter ingredients. Tie down with bladder and put them in a dry place; in a fortnight they will be ready for use. They should be eaten within 6 or 8 months after being put up, as the onions are liable to become soft.

MARY JANE LUNDGREN.

PROPORTIONS FOR ENTERTAINMENTS

10 pounds ham.....	400 sandwiches.
1 loaf bread.....	20 slices.
1 pound coffee—3 gallons of water.....	40 persons.
1 pint oysters.....	6 cocktails.
1 quart oyster stew.....	6 persons.
5 chickens—13 heads of celery—salad for.....	50 persons.
10 gallons ice cream.....	240 persons.
1 pint cream.....	25 to 30 persons.
4 dozen biscuits.....	20 persons.
1 layer cake.....	16 slices.
3 quarts beans.....	25 persons.
½ bushels potatoes.....	25 persons.
13 to 14 pound chicken.....	25 persons.
150 sandwiches.....	100 persons.
10 quarts potato salad.....	150 persons.
6 pounds butter.....	150 persons.
6 quarts pickles.....	150 persons.
14 quarts creamed potatoes.....	150 persons.
2-16 pound hams.....	150 persons.

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—James Terry White.

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JANUARY

BREAKFAST

Oatmeal cooked with dates Milk
Bacon Muffins and butter
Coffee (adults) Milk (children)

LUNCHEON OR SUPPER

Poached eggs with rice and cream
sauce
Celery Graham bread and butter
Grape jelly Cocoa

DINNER

Broiled pork chops
Mashed potatoes Canned string
Bread and butter [beans
Cole-slaw
Upside-down apple pie Coffee

FEBRUARY

BREAKFAST

Grapefruit
Hominy and milk
Pan-broiled beef liver and bacon
Rolls and butter
Coffee (adults) Milk (children)

LUNCHEON OR SUPPER

Cream of potato soup
Toasted salmon sandwiches
Stoned stewed prunes and blanc
Tea [mange

DINNER

Short ribs of beef en casserole
Mashed potatoes Diced turnips
Celery
Bread and butter
Cottage puffs with rich cocoa
Coffee [sauce

MARCH

BREAKFAST

Stewed figs
Cornflakes and milk
Creamed codfish
Baking powder biscuits and butter
Coffee (adults) Milk (children)

LUNCHEON OR SUPPER

Rice and tomato au gratin
Peanut butter sandwiches
Molasses drop cookies
Tea

DINNER

Cream of lettuce soup
Casserole of chicken with rice
Browned parsnips
Stewed tomatoes
Bread and butter
Jellied fruits
Cream cookies
Coffee

APRIL

BREAKFAST

Stewed rhubarb
Prepared cereal and milk
Fish cakes and sauce
Rolls and butter
Coffee (adults) Milk (children)

LUNCHEON OR SUPPER

Scrambled eggs with dried beef
Entire wheat muffins and butter
Celery
Canned pears Tea

DINNER

Lamb chops Mashed potatoes
Creamed asparagus
Diced turnips
Lettuce salad
Bread and butter
Orange gelatine Ginger snaps
Coffee

MAY

BREAKFAST

Fresh strawberries
Farina and milk
Bacon and eggs
Toast and butter
Coffee (adults) Milk (children)

LUNCHEON OR SUPPER

Stuffed egg salad
Bread and butter sandwiches
Cup cakes Preserves Tea

DINNER

Roast beef Gravy
Yorkshire pudding Asparagus
Franconia potatoes
Bread and butter
Lemon tapioca pudding and cream
Coffee

JUNE

BREAKFAST

Halves of oranges
Creamed potatoes
Boiled salt mackerel
Toast and butter
Coffee (adults) Milk (children)

LUNCHEON OR SUPPER

Beet and egg salad
Bran bread and butter
Jellied stewed rhubarb Tea

DINNER

Pot roast of veal
Mashed potatoes
Creamed new turnips
Lettuce salad Bread and butter
Raspberry sherbet
Fudge Brownies Coffee

JULY

BREAKFAST

Red raspberries in cream
Eggs scrambled with tomatoes
Rolls and butter
Coffee (adults) Milk (children)

LUNCHEON OR SUPPER

Macaroni and cheese
Fruit salad Oatmeal cookies
Hot or iced tea

DINNER]

Leg of spring lamb Mint sauce
New potatoes Buttered beets
Bread and butter
Water-cress salad with French
Lemon sherbet [dressing
Sponge drops Hot or iced coffee

AUGUST

BREAKFAST

Cantaloupe
Farina and milk
Corn fritters and bacon
Coffee (adults) Milk (children)

LUNCHEON OR SUPPER

Tuna fish salad
Salted crackers and butter
Blackberries Ginger cookies
Hot or iced tea

DINNER

Baked stuffed fish
Potatoes en casserole
Stewed onions
Bread and butter
Combination salad
Uncooked fruit pie
Hot or iced coffee

SEPTEMBER

BREAKFAST

Grapes
Steamed rice with milk
Poached eggs on toast
Coffee (adults) Milk (children)

LUNCHEON OR SUPPER

Corn chowder
Banana and nuts salad
Bread and butter
Doughnuts Coffee

DINNER

Tomato soup
Hamburger steak
Boiled potatoes Spinach
Bread and butter
Molded rice with marshmallow
Coffee [creme sauce

OCTOBER

BREAKFAST

Sliced peaches
Cornmeal mush with milk
Plain omelet
Rolls and butter
Coffee (adults) Milk (children)

LUNCHEON OR SUPPER

Cream of lima bean chowder
Sausages
Cucumber and lettuce salad
Baked custard Tea

DINNER

Roast chicken
Potatoes en casserole Peas
Bread and butter
Tomato and lettuce salad
Fudge Mocha cake Coffee

NOVEMBER

BREAKFAST

Apples
Cracked wheat and milk
Creamed dried beef
Toast Coffee

LUNCHEON OR SUPPER

Oyster stew and crackers
Canned peach salad
Squash pie Tea

DINNER

Liver and bacon
Mashed potatoes String beans
Pickled beets
Bread and butter
Mince pie Coffee

DECEMBER

BREAKFAST

Stewed dried apricots
Oatmeal with milk
Shirred eggs
Toast and butter
Coffee

LUNCHEON OR SUPPER

White bean soup Crackers
Entire wheat bread and butter
Pumpkin pie Coffee

DINNER

Roast Lamb Gravy
Baked potatoes Carrots and peas
Bread and butter Cole-slaw
Steamed plum pudding and
Coffee Cherry hard sauce

(MRS.) DOROTHY S. WALL

HOUSEHOLD HINTS

AN INSECTICIDE—Women who have moved into houses infested with pests, such as ants, bed-bugs, roaches and other insects, will be glad to know that if 1 pint of creoline, 1 gallon water, $\frac{1}{4}$ pound of barium sulphide and 1 pint of formaldehyde are mixed well and painted on places infested, the pests will disappear. N. TODD.

OLD COLLARS—Don't throw away worn out soft collars; cut off top and use them for bands of children's underdrawers. The buttonholes are already made. N. TODD.

IN PLACING DISHES ON ICE, place a rubber ring from a fruit jar under dish. Ring will adhere both to ice and dish. N. TODD.

SOAP—Make a small cheese-cloth bag or a small salt bag. In it place all pieces of soap too small to use, and hang in bath tub. Good for cleaning tub. N. TODD.

IN CLEANING THE BURNERS OF A GAS STOVE, I find an ice pick the best thing with which to open up the small holes. MRS. G. I. THAYER.

TO CLEAN BATHROOM FIXTURES use gasoline on a damp cloth, then wipe with a dry cloth. They can be kept in excellent shape by this method. Never use anything of a gritty nature or scouring powder on enamel fixtures. MRS. G. I. THAYER.

TO RENEW WHITE WINDOW SHADES—Sometime, when you are having the house painted, you can have your white window shades renewed by asking the painter to give the shades a coat of flat white paint. One of our readers had this work done by a painter, in a garage, where the shades were hung against the wall. When they were dry, the painter put green paint on the other side and now the shades are like new. MRS. STELLA KEMBLE.

TO CLEAN PHOTOGRAPHS—Soiled photographs can readily be cleaned by moistening a soft cloth with warm water and a little ammonia. The cloth should be wrung out and the picture lightly wiped with it, after which the picture should be dried immediately with a soft dry cloth. MRS. S. KEMBLE.

FOR A NEW UMBRELLA—Before using a new umbrella, always inject a small quantity of vaseline into the hinge portion of the frame. If put on carefully, the vaseline will not spread, and is a sure preventative against rust. Also, always stand wet umbrellas on their handle to dry. This allows the water to run out of them instead of into the part where the silk and ribs meet, thus causing the metal to rust and the silk to rot. MRS. STELLA KEMBLE.

TO SET COLORS AND SHRINK GINGHAM—Soak material 1 hour in a solution of 1 tablespoon salt, 1 tablespoon ammonia, 1 tablespoon turpentine in 1 gallon of cold water. Rinse and iron while goods are wet. Ironing while wet shrinks the material. MRS. ROSE B. JOHNSTONE.

A SWEET DISPOSITION—3 grains of common sense, 1 large heart, 1 good liver, plenty of fresh air and sunlight, 1 bushel of contentment, 1 good husband. Do not bring to a boil. JESSIE M. GOULD.

Mildew may be removed from clothing by soaking in lime water, then wash and boil.

Alcohol will remove fly paper from washable goods.

If a whole can of pimentos is not used, the remainder will keep perfectly if sealed in a glass with paraffine.

Molasses will remove grass stains.

To remove fruit stains from linen, saturate with glycerine and wash.

To remove grease spots of any kind from wash goods, rub lard, kerosene and soap on and rub until grease is removed; then wash with regular washing.

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